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# INSTRUCTIONS

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## LUNGE ONE LEG DEADLIFT

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/lunge-one-leg-deadlift/>

Ankles

Glutes

Hamstrings

Hip Flexors

Turns



### STEPS:

- Starting high on your knees, step one foot out in front of you.
- Push into the forward foot, to stand and bring your rear thigh parallel to the ground.
- Slowly bend your supporting leg, while drawing your chest forward, keeping your back straight.
- Extend the bent knee behind you.
- Slowly reach for the ground with the opposite hand of your supporting leg.
- Return standing with your thigh parallel to the ground.

Repeat 10-12 times before switching sides.

[+] Come to releve when driving the knee up