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# INSTRUCTIONS

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## REVERSE LUNGE BICEP CURL

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/reverse-lunge-bicep-curl/>

Arms

Lower Body

Quadriceps

Turns

Upper Body



### STEPS:

- Start with your feet hip distance apart.
- Push your hips back and create a bend in the knees until you're in a squat.
- With your elbows towards your side, extend your forearms parallel with the ground.
- Step one foot behind you, creating a 90 degree bend in both knees.
- Lift your palms up towards your shoulders, and release back to parallel.
- Step your rear foot back up to your squat.
- Repeat on the opposite side.

Repeat 12 times.

[+] Add a band around your palms.