

gdfgdg



INSTRUCTIONS

SQUAT REVERSE LUNGE

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/squat-reverse-lunge/>

Back

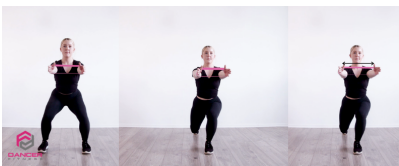
Glutes

Kicks

Lower Body

Shoulders

Turns



STEPS:

- Start with your feet hip distance apart.
 - Sit your hips back, bending at the knees until you're in a squat.
 - Extend your arms straight out in front of you, in line with your shoulders with a band around your palms.
- Step one foot behind you, creating a 90 degree bend in both knees.
- Keeping your arms straight, pull your arms apart 1-2 inches.
- Return your palms inward, and step your foot back into the squat.
- Alternate sides.

Repeat 16-20 times.

[] Remove the band