

INSTRUCTIONS

SLIDE REVERSE LUNGE

CATEGORIES: Balance, Power, Strength

LEVEL: Intermediate

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

Ankles

Glutes

Hamstrings

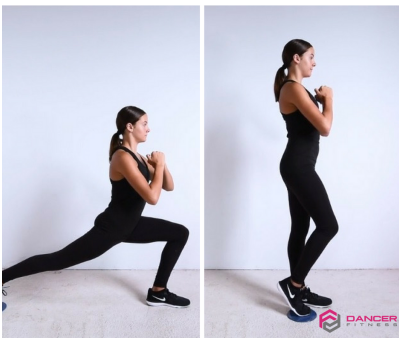
Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



Steps:

- Start standing with one leg on a towel or furniture mover.
- Keeping your core tight and chest up, slowly extend the leg on the towel backwards until you're in an extended lunge position.
- Don't go too far into the lunge, just enough to feel a stretch in the working hip.
- Press into the supporting leg and pull your working leg back into the starting position.

Repetitions:

Do 3 sets of 8 on each leg.