



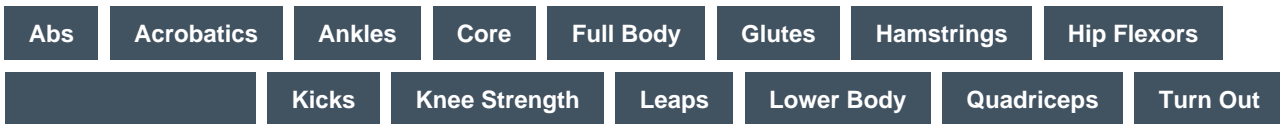
INSTRUCTIONS

SPLIT LUNGE JUMP

CATEGORIES: Endurance, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/split-lunge-jump>



Steps:

- Begin in a lunge position
- Bend both knees and jump off the floor
- Switch feet while in the air
- Land in a lunge position on the other foot

Repetitions and Modifications:

Repeat 10 – 12 times

[+] Hold a weight and increase jump height

[-] Leave feet on the floor and do stationary lunge