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# INSTRUCTIONS

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## REVERSE LUNGE KICK

**CATEGORIES:** Endurance, Strength

**LEVEL:** Beginner

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

Ankles

Hamstrings

Hip Flexors

Kicks

Knee Strength and Length

Lower Body

Quadriceps



### STEPS:

- Start standing with feet parallel.
- Step back with your right foot in a lunge.
- Press into your left foot to stand, and kick your right foot in front of you.
- Step your right foot back into a lunge.
- Press into both feet and jump to switch to your right leg being in front and left leg behind.
- Repeat on the left, alternating sides 20 times total.

[ - ] Take out the jump lunge, and do 10 on the left, 10 on the right.