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# INSTRUCTIONS

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## REVERSE LUNGE AND ROTATE

**CATEGORIES:** Strength

**LEVEL:** Intermediate

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

Glutes

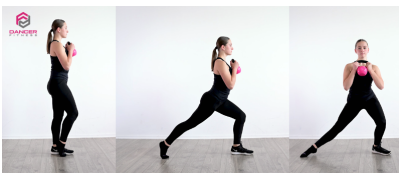
Hamstrings

Hip Flexors

Lower Body

Quadriceps

Turns



### STEPS:

- Start standing, holding a weight at your chest.
- Slide your right foot straight behind you, creating a 90 degree bend in your left knee.
- Turn your hips to open to the right side, keeping the bend in your front leg.
- Pause for a beat, then turn your hips back to the front.
- Pull your right leg back in to meet your left foot.

Repeat 10 times, then switch sides.

[-] Best performed with the moving leg in a sock.

[+] Try using a towel or disc slider under the moving foot.