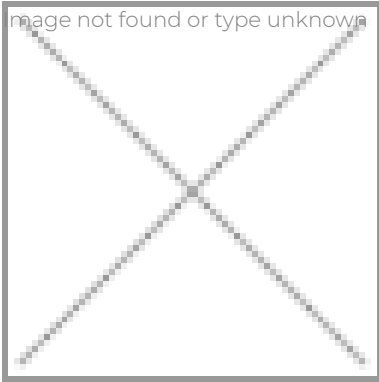


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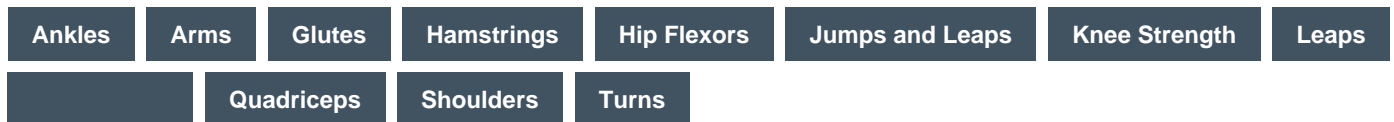
INSTRUCTIONS

REVERSE LUNGE AND PRESS

CATEGORIES: Balance, Strength

LEVEL: Advanced

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



STEPS:

- Hold one dumbbell in each hand.
- Start with your left foot standing on a yoga block. Step your right foot behind you into a lunge.
- Press into your left foot, and bring your right knee to hip height.
- Curl your palms up toward your shoulders and press them above your head, rotating the palms to face away from you.
- Lower your arms back to your sides and step your right foot back to a lunge.

Repeat 10 times, then switch sides.

- [] Remove the weights.
- [] Remove the yoga block.