



# INSTRUCTIONS

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## LUNGE AIR PLANE

**CATEGORIES:** Balance, Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/lunge-air-plane>

Abs

Arms

Back

Full Body

Glutes

Hamstrings

Hip Flexors

Lower Body

Turns

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### STEPS:



- In a reverse lunge, press off your back leg while leaning forward in your upper body.
- With your back leg extend straight behind you, pulse your arms for 4 counts before returning to a reverse lunge.

Repeat 8 reps on one side before switching.