

## LUNGE BURPEE

**CATEGORIES:** Balance, Endurance, Power, Strength, Warm Up    **LEVEL:** Beginner

**URL:** <https://www.dancer-fitness.com/exercise/lunge-burpee>

Abs	Ankles	Arms	Chest	Core	Full Body	Glutes	Hamstrings	Hip Flexors		
		Kicks	Leaps	Lower Body	Quadriceps	Shoulders	Turns	Upper Body		



### Steps::

- Begin with feet together.
- Step forward with one foot and bend both knees making a 90-degree angle with both knees. This is your lunge.
- Step the back foot forward to meet the front foot.
- Place both hands on the ground bending at the knees and shoot your legs backwards into a plank position.
- Jump the feet back in and stand back up.

Repetitions and Modifications:

Repeat 8 – 10 times or from one end of the room to the other as a warm up.

[–] Walk feet back in and out of plank instead of jumping