

## Lunge reverse - Group: Lunge



### Tags

**Type of exercise:** Partial body exercise, Strength exercise

**Number of persons:** One

**Muscle Primary:** Leg, Butt

**Muscle Secondary:** Arm, Back, Shoulder

**Difficulty:** Easy

**Other:** Hip height, 1 Sling, Dynamic

### Description

1. When the upper body is upright, one leg is guided backwards. The front knee is flexed, while the back knee remains as stretched as possible. The arm in the slings is guided forward. 2. The back leg is returned to the leg.

### Advice

The deeper you lower the buttocks, the more intense the exercise becomes.