

DUMBBELL REVERSE LUNGES



1. Stand tall while holding a dumbbell in each hand held down at arm's length right next to you, and with the palms of your hands facing inwards. Place your feet at about hips width apart, with your head facing forward. This will be your starting position.
2. Step back with your right leg just a couple of feet away from your standing position and go all the way down until your knee touches the floor, while maintaining a straight & upright torso throughout the entire movement. Make sure your left foot remains stationary in it's initial spot, and your arms remain fully extended with the weights right next to you.
3. Bring your right leg back up to it's starting position as you engage your hip flexors, quads, glutes & hamstrings muscles to execute this movement.
4. Repeat this exact motion with your left leg and that will be considered as a 'single repetition'.
5. Continue alternating in this manner for the recommended amount of repetitions.

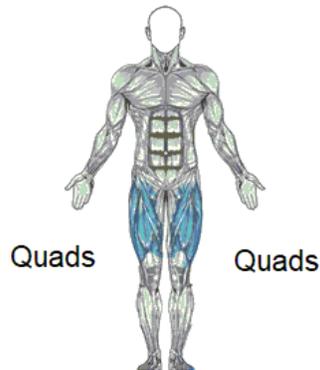
CAUTION: NEVER use a heavy set pair of dumbbells when performing this exercise to avoid getting any knees, quads, hips, lower back and/or wrists injury. STOP immediately if you felt any sharp knee and/or lower back pain. Make sure not to go too far when lunging backwards to avoid over-stretching your hips and avoid getting injured, and always maintain a straight & upright torso while performing this exercise.

ALTERNATIVE EXERCISES:

[Plate Reverse Lunges](#) / [Bench Dumbbell Step-Ups](#) / [Isolated Seated Leg Press \(Legs\)](#) / [Isolated Leg Extensions](#)

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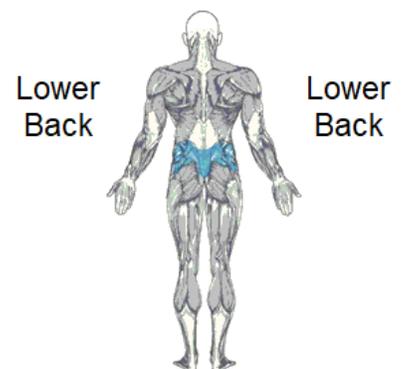
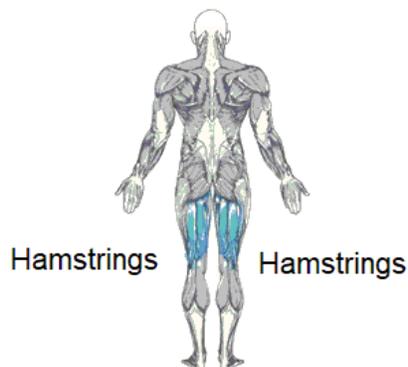
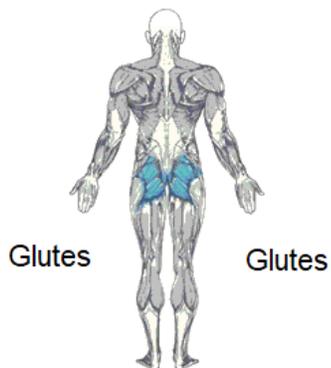
PRIMARY MUSCLES



A **primary muscle** is the main muscle group responsible for controlling a certain movement or that is primarily engaged when performing a certain exercise.

Muscle engagement should be **%60 - %70** when performing this exercise.

SECONDARY MUSCLES



A **secondary muscle** is the muscle group that assists a main muscle group when performing a certain movement or when performing a certain exercise.

Muscle engagement should be **%30 - %40** when performing this exercise.

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