



INSTRUCTIONS

YOGI SQUAT

CATEGORIES: Flexibility, Power, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/yogi-squat>

Extension

Glutes

Hip Flexors



STEPS:

- With your feet shoulder width apart, plie into a squat position.
- Slowly lower your glutes a little past 90 degrees. return to starting position.
- Stay low and repeat 5-8 reps