



# INSTRUCTIONS

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## SQUAT HIGH FIVE

**CATEGORIES:** Partners, Strength

**LEVEL:** Beginner

**URL:** <https://dancer-fitness.com/exercise/squat-high-five>

Glutes

Hamstrings

Lower Body

Quadriceps



### STEPS:

· With your feet shoulder width apart, plie with your hands in front of you facing a partner. Crossing arms, give your partner a high five.

Repeat 15-20 reps

[+] One partner can be doing a wall sit and the other squats in front of them.