



INSTRUCTIONS

BOWLER SQUAT

CATEGORIES: Balance, Strength

LEVEL: Intermediate

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

Ankles

Glutes

Hamstrings

Jumps and Leaps

Knee Strength

Leaps

Lower Body

Turns



STEPS:

- Standing on one leg, raise opposite foot to passé and place behind your stationary foot bending your stationary leg.
- Putting little to no weight on the working leg Return to passé and repeat

Repeat 15 – 20 times each leg.