



# INSTRUCTIONS

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## SHIVA SQUAT

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

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

Glutes

Hamstrings

Hip Flexors

Quadriceps



### STEPS:

· With your hands on the ground and stationary leg in plié, lift your back leg while straightening your stationary.

Return to plié with your back leg behind and repeat 8-10 reps.