



INSTRUCTIONS

BUTTERFLY SQUAT

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

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

Ankles

Core

Glutes

Hamstrings

Jumps and Leaps

Leaps

Lower Body

Quadriceps



STEPS:

- Start in a low squat with your hands in front of your body.
- Explode from your toes and lift into relevé, extending your arms out to a T.
- Lower back into a squat and repeat 12 times.