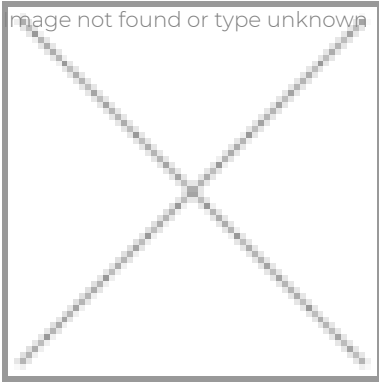


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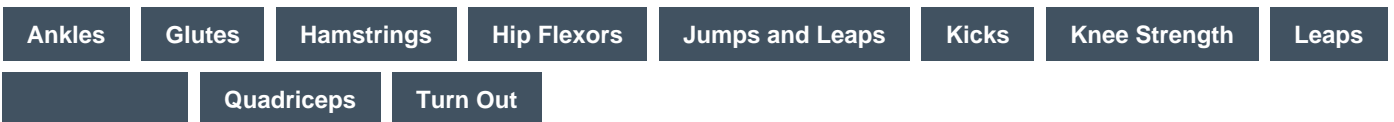
INSTRUCTIONS

SKATER SQUAT

CATEGORIES: Endurance, Power, Strength

LEVEL: Beginner

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



STEPS:

- Place feet hip-width apart in a standing position
- Extend one leg out to side and move over all body weight
- Lift other leg as you squat down on one leg, come to coupe for more control.
- Switch leg directly and repeat on other side

Repetitions and Modifications:

[+] Add a bigger jump and lower squat

[-] Remove the jump