

gdfgdg



# INSTRUCTIONS

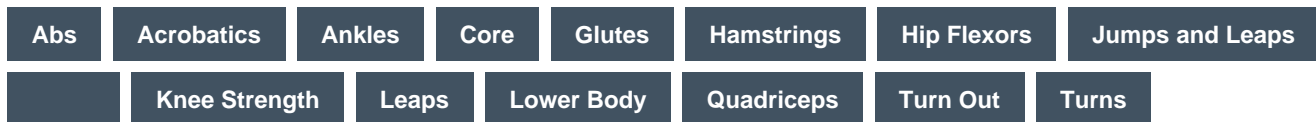
---

## SUMO SQUAT PULSE

**CATEGORIES:** Balance, Power, Strength, Warm Up

**LEVEL:** Intermediate

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



### Steps:

- Come into a wide second position on Relevé
- Staying in Relevé, plié until your knees make a 90 degree angle
- Staying in this low plié and high Relevé, pulse up and down.

Repetitions and Modifications:

Hold for 30 to 60 seconds

[+] Do tiny hops

[-] Hold the squat, no pulse