

gdfgdg



INSTRUCTIONS

PARTNER PISTOL SQUAT

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

LEVEL: Intermediate

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

Ankles

Glutes

Jumps and Leaps

Knee Strength

Leaps

Lower Body

Turn Out



STEPS:

- Partners stand facing each other about one foot apart.
- Start by holding on to each others RIGHT forearms or hands for support.
- Lift the LEFT foot about 4 inches from the ground, send hips back, and lower until knees are 90 degrees.
- Slowly come up without placing the left foot on the floor.

Repeat for 30 seconds each leg or 15 - 20 squats per leg.