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INSTRUCTIONS

SQUAT AND DRIVE

CATEGORIES: Endurance, Strength

LEVEL: Intermediate

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

Abs

Arms

Core

Full Body

Glutes

Knee Strength

Quadriceps

Shoulders

Turn Out



STEPS:

- With your feet shoulder width apart, plie with your arms extended in front of you.
- Turn your arms to a 45 degree angle and start creating a figure 8 with your arms.
- Perform 10-12 times

[+] Add a band or weights for extra resistance