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INSTRUCTIONS

SQUAT HIGH FIVE

CATEGORIES: Partners, Strength

LEVEL: Beginner

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

Glutes

Hamstrings

Knee Strength

Lower Body

Quadriceps

Turn Out



STEPS:

· With your feet shoulder width apart, plie with your hands in front of you facing a partner. Crossing arms, give your partner a high five.

Repeat 15-20 reps

[+] One partner can be doing a wall sit and the other squats in front of them.