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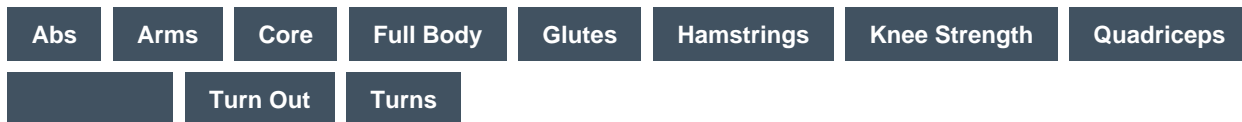
INSTRUCTIONS

SQUAT AND PUNCH

CATEGORIES: Endurance, Power, Strength

LEVEL: Intermediate

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



STEPS:

- With your feet shoulder width apart, plie with your hands in a fist by your shoulders.
- Punch your hand across your body while slightly straightening the knees to create a pulse with each punch.

Repeat 15-20 reps.