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# INSTRUCTIONS

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## ADVANCED SPLIT SQUAT

**CATEGORIES:** Balance, Partners, Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/advanced-split-squat/>



### STEPS:

- P1 - In a squat position, support P2's ankle
- P2 - Place ankle in P1's hand
- Standing on one leg, with control, bend your stationary leg and return to standing

Repeat 12 times on each side