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# INSTRUCTIONS

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## BOWLER SQUAT

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

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

Ankles

Glutes

Hamstrings

Jumps and Leaps

Knee Strength

Leaps

Lower Body

Turns



### STEPS:

- Standing on one leg, raise opposite foot to passé and place behind your stationary foot bending your stationary leg.
- Putting little to no weight on the working leg Return to passé and repeat

Repeat 15 – 20 times each leg.