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INSTRUCTIONS

WALL SIT JUMP

CATEGORIES: Endurance, Power

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/wall-sit-jump/>

Ankles

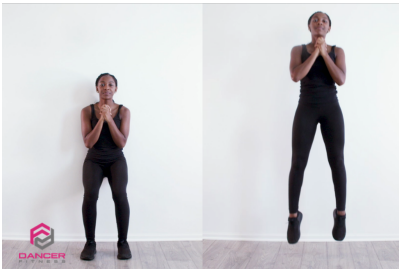
Glutes

Hamstrings

Knee Strength

Quadriceps

Turn Out



STEPS:

· With your low back pushed up against the wall and knees at a 90 degree angle, push off of the wall to jump as high as you can.

· Rolling through the feet on the way up and down.

Return to the wall and repeat 8-10 reps.