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INSTRUCTIONS

SQUAT JUMP

CATEGORIES: Endurance, Power

LEVEL: Intermediate

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

Ankles

Glutes

Hamstrings

Jumps and Leaps

Leaps

Lower Body

Quadriceps

STEPS:



· With a band around your ankles and feet hip distance apart, bend at the knees and explode through the balls of your feet.

Repeat 10 - 20 reps.

[-] Remove band from ankles