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INSTRUCTIONS

NARROW SQUAT PULSE

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

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

Ankles

Hamstrings

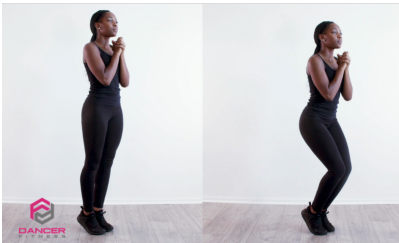
Jumps and Leaps

Leaps

Lower Body

Quadriceps

Turns



STEPS:

· Starting with your feet together, rise into relevé and forced arch. Squeeze your knees together and keep the heels high.

Slowly pulse with control for 10-12 reps.