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INSTRUCTIONS

SHIVA SQUAT

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

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

Glutes

Hamstrings

Hip Flexors

Quadriceps



STEPS:

· With your hands on the ground and stationary leg in plié, lift your back leg while straightening your stationary.

Return to plié with your back leg behind and repeat 8-10 reps.