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INSTRUCTIONS

ADVANCED CURTSY SQUAT

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

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

Core

Glutes

Hamstrings

Hip Flexors

Lower Body

Quadriceps

Turns



STEPS:

- Start standing with your feet hip distance apart.
- Lift one knee up to 90 degrees and step that foot behind your standing foot leaving all of your weight in the standing leg.

Bring your knee back up to 90 degrees and repeat 12 times before switching sides.