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# INSTRUCTIONS

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## BUTTERFLY SQUAT

**CATEGORIES:** Balance, Strength, Warm Up

**LEVEL:** Beginner

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

Ankles

Core

Glutes

Hamstrings

Jumps and Leaps

Leaps

Lower Body

Quadriceps



### STEPS:

- Start in a low squat with your hands in front of your body.
- Explode from your toes and lift into relevé, extending your arms out to a T.
- Lower back into a squat and repeat 12 times.