

gdfgdg



INSTRUCTIONS

BANDED SHUFFLE SQUAT JUMP

CATEGORIES: Power, Strength, Warm Up

LEVEL: Intermediate

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

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Lower Body



STEPS:

- Start standing with feet shoulder width apart. Lower your hips until your knees are inline with your knees.
- Stepping to your left with your left foot, followed by your right foot and left until you return to a squat.
- Roll through the toes, jumping off the ground in a squat jump and repeat on the opposite side.

[+] Add a band around your ankles

Repeat 10 reps total, 3 times.