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INSTRUCTIONS

BANDED HALF SQUAT

CATEGORIES: Power, Strength

LEVEL: Beginner

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

Glutes

Hamstrings

Jumps and Leaps

Lower Body



STEPS:

- Start standing, with your feet shoulder width apart.
- Sit your hips back into a low squat, hips inline with your knees.
- Stand half way up before lowering your hips back inline with your knees.
- Return to standing and repeat.

Repeat 12 reps, 3 times.

[+] Add a band around the top of your knees for added resistance.