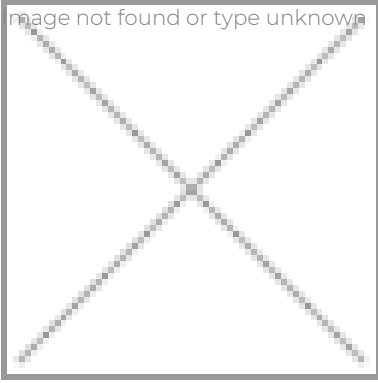


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INSTRUCTIONS

BANDED CURTSY SQUAT

CATEGORIES: Power, Strength, Warm Up

LEVEL: Intermediate

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

Ankles

Extension

Jumps and Leaps

Kicks

Knee Strength

Leaps

Lower Body

Turns



STEPS:

- Start with a band a couple inches above your knees and your feet a little wider than hip distance.
 - Push your butt back like you're sitting in a chair, and bend the knees slightly.
 - Step one foot behind the other until the knee is behind the opposite foot.
 - Bend your stationary leg 2 inches, and return to the squat.
- Alternate legs.

Repeat 16 - 20 times.

[-] Remove the band

[-] Stand up straight between reps

[+] Add a jump when you come back to the two leg squat