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INSTRUCTIONS

COSSACK SQUAT

CATEGORIES: Strength

LEVEL: Beginner

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

Glutes

Hamstrings

Hip Flexors

Knee Strength

Quadriceps



STEPS:

- Start with your feet in a wide second position. Shift your hips over to one side, placing your weight in the heel. Slowly bend your knee, until your thigh is parallel with the ground, keeping your back straight. Your opposite leg will extend straight. Push up through your heel, and return to the starting position. Alternate sides.

Repeat 10 times.