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# INSTRUCTIONS

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## CRISS CROSS SQUAT JUMP

**CATEGORIES:** Endurance, Power, Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/criss-cross-squat-jump/>

Ankles

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Lower Body

Turns



### STEPS:

- Start with your feet underneath your hips.
- Push your hips back like you're sitting in a chair, while bending your knees into a squat.
- Jump your feet so one foot goes in front of you, and the other behind.
- Switch your feet, opposite in front, opposite behind.
- Jump your feet in together.
- Jump your feet out into a squat.

Repeat 8-10 times.

[-] Remove the band

[+] Add a jump at the squat position