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# INSTRUCTIONS

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## JUMP SQUAT ROW

**CATEGORIES:** Power, Strength

**LEVEL:** Intermediate

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

Ankles

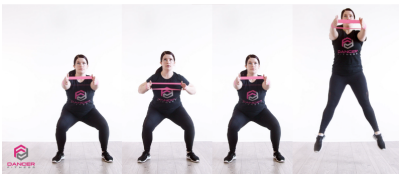
Back

Full Body

Hamstrings

Jumps and Leaps

Lower Body



### STEPS:

- Starting with your feet under your hips, push your hips back and bend your knees until you're in a squat.
- Extend your arms straight in front of you, hands in line with your shoulders.
- Push through the balls of your feet, exploding off the ground.
- Return to the squat position.
- Draw your elbows towards your chest, squeezing your upper back.
- Return your arms straight out in front of you.

Repeat 10 times.

[+] Add a band around your wrists (and/or) ankles

[-] Take out the jump