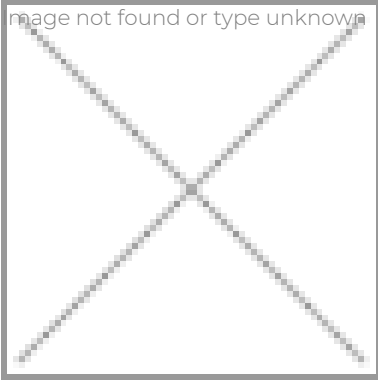


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INSTRUCTIONS

SQUAT KICKS

CATEGORIES: Power, Strength

LEVEL: Intermediate

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

Glutes

Hamstrings

Hip Flexors

Kicks



STEPS:

- Start with your feet hip distance apart.
- Sit your hips back, bending at the knees until you're in a squat.
- Lean into one hip and lift the opposite knee parallel to the ground.
- Extend the leg parallel and reach with the opposite hand to your toe.
- Return your extended leg back down into your squat.
- Alternate sides.

Repeat 10 times.