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INSTRUCTIONS

DYNAMIC JUMP SQUAT

CATEGORIES: Power, Strength

LEVEL: Intermediate

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

Ankles

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Lower Body



STEPS:

- Frog Jump forward.
- Stay in your squat and lower to the floor on your knees.
- Stand back up and remain in a squat position.
- Jump squat.

Repeat 8 times or across the floor.

[] Remove the band around the hips