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INSTRUCTIONS

ADVANCED SKATER SQUAT

CATEGORIES: Power, Strength

LEVEL: Intermediate

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

Ankles

Glutes

Hamstrings

Jumps and Leaps

Lower Body



STEPS:

- Start in a high lunge position.
- Leaning into your front right leg, lift your left leg behind you.
- Pressing off of your right leg, swing your left foot out to the side, landing on it.
- Your right leg should land behind your left leg.
- Lift your right knee in towards your hips, while pressing off your left leg and hop once.
- Return your feet to the ground, and repeat on the opposite side.

Repeat 10-20 times total.

[+] Add a band around the top of your knees

[-] Remove the knee drive