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INSTRUCTIONS

COMBO – SQUAT JACK

CATEGORIES: Endurance, Power, Strength

LEVEL: Beginner

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

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor. **Featured Exercises:** [Banded Half Squats](#), [Plank Squats](#), [Power Jacks](#)

Ankles

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Knee Strength



Exercise #1|Exercise #2|Exercise #3:

10-12 Half Squats.

15 Plank Squats.

18 power jacks.

Repeat this circuit 3 times.