



# INSTRUCTIONS

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## SKATER SQUAT

**CATEGORIES:** Endurance, Power, Strength

**LEVEL:** Beginner

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

Ankles

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Lower Body



### Steps:

- Place feet hip-width apart in a standing position
- Extend one leg out to side and move over all body weight
- Lift other leg as you squat down on one leg, come to coupe for more control.
- Switch leg directly and repeat on other side

Repetitions and Modifications:

[+] Add a bigger jump and lower squat

[-] Remove the jump