



INSTRUCTIONS

WIDE TO NARROW SQUAT JUMP

CATEGORIES: Endurance, Power, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/wide-to-narrow-squat-jump>

Acrobatics

Ankles

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Quadriceps



Steps:

- Begin in a wide second position, toes slightly turned out
- Squat /Plie and jump legs together, landing in a narrow squat
- Jump back to original position
- Keep knees bent and stay low through out the repetition.

Repetitions and Modifications:

Repeat 10 – 12 times

[+]Add a double pulse to the wide squat

[-] Walk from wide to narrow instead of jumping