

gdfgdg



INSTRUCTIONS

SUMO SQUAT

CATEGORIES: Power, Strength

LEVEL: Beginner

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

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Leaps

Lower Body

Turns



STEPS:

- Start with two yoga blocks flat on the floor, slightly wider than hip distance apart.
- Holding a kettlebell at your hips, step each foot onto a yoga block.
- Press your hips back like you're sitting in a chair and bend at the knees.
- Lower down for 1 beat, and slowly lift for a count of 3, pressing into your heels.

Repeat 10-15 times.

[] Remove yoga blocks.

[] Remove the kettle bell.