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INSTRUCTIONS

GOBLET SQUAT

CATEGORIES: Power, Strength

LEVEL: Beginner

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

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Lower Body

Turn Out

Turns



STEPS:

- Start with your feet a little wider than hip distance apart, holding a dumbbell at your chest.
- Bend at the knees and push your butt back like you're sitting in a chair.
- Pause
- Return to standing and squeeze your butt.
- When dropping into the squat, go slowly and then explode back up after the pause.

Repeat 10-15 times.