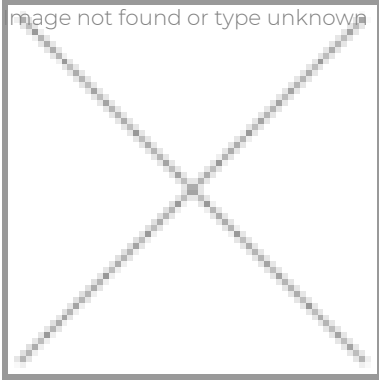


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INSTRUCTIONS

DUMBBELL SQUAT

CATEGORIES: Power, Strength

LEVEL: Intermediate

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

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Lower Body

Quadriceps



STEPS:

- Start with a dumbbell in each hand and your feet a little wider than hip distance apart with feet turned slightly out.
- Keeping your hands by your side, bend at the knees and push your butt back like you're sitting in a chair.
- Return to standing and squeeze your butt.

Repeat 10-15 times.

[+] Come into relevé at the top of each squat