



INSTRUCTIONS

SQUAT SLIDER

CATEGORIES: Balance, Endurance, Warm Up

LEVEL: Intermediate

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

Ankles

Glutes

Hamstrings

Hip Flexors

Quadriceps



STEPS:

- In a high squat, extend one leg out in tendu and return to the start for 4 reps.
- Tendu the same leg behind the body, and return to the center for 4 reps.

Repeat 8-10 times before switching sides.