

# Purestretch with Beat - Album 5

## Track 2 / Squats Easy Breath

○ = 4 beats

### QUICK TIPS

Feet wider than the hips, toes turning out and tucking the pelvis slightly in, demo the 2 moves, the squat and the chair

### SET UP

Mat horizontal



① 16 squats ○○○○○○○○○○○○○○○○○

② 16 chairs ○○○○○○○○○○○○○○○○○

③ 8 Combo of squat and chair ○○○○○○○○○

④ Stay in Squat and play with arms ○○○○○○○○○○ Break ○○○○○○○○○○

*Repeat 1,2,3,4*

*Make a note:*