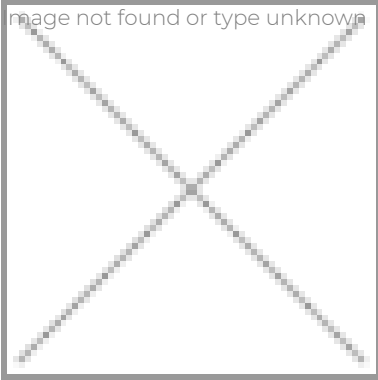


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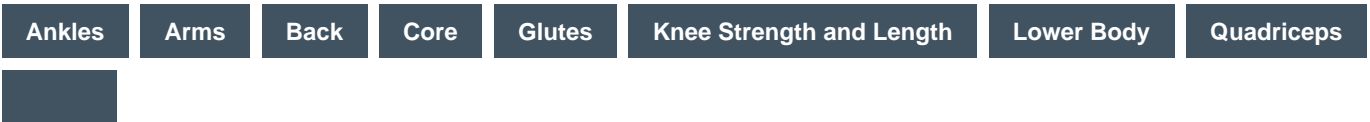
INSTRUCTIONS

AIRPLANE ROW

CATEGORIES: Balance, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/airplane-row/>



STEPS:

- Begin standing with feet together.
- Place a loop band around your left foot and hold the band in your right hand.
- Step your right foot behind you in a lunge, bending both knees to 90 degrees.
- Pull your right elbow back until your palm is next to your hip.
- Push into your front foot, lifting your back leg until it is parallel with the floor.
- Bring your back leg down to the ground, both knees at 90 degrees.
- Slowly release the tension in the band, bringing your palm down.

Repeat 10 times, then switch sides.

[-] Remove the band or the row

[+] add a pike at the top of your airplane