

# INSTRUCTIONS

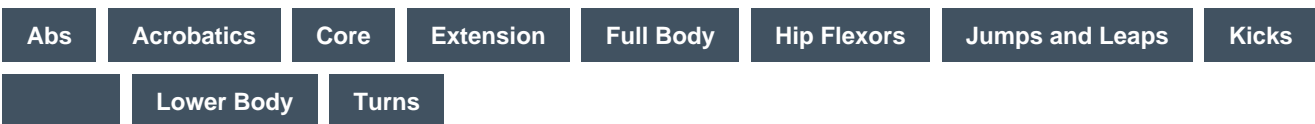
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## PASSÉ SIDE PLANK

**CATEGORIES:** Flexibility, Strength, Warm Up

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/passe-side-plank>



### Steps::

- Begin in a side plank on your elbows with the bottom knee bent for support.
- Keeping hips lifted, bring the top leg to parallel passé
- Open to a turned out passé
- Developpe the leg
- Reverse the movements to get back to the starting position.

Repetitions and Modifications:

Repeat 5 times on each side or 30 seconds each side if doing circuits

[+] Plank on your hands and add a cone under your hips to keep them lifted.