



INSTRUCTIONS

PLANK SLIDES

CATEGORIES: Endurance, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/plank-slides>

Abs

Core

Full Body

Glutes

Knee Strength

Lower Body

Turn Out

Turns



STEPS:

· In a high plank, slide one leg out to the side and return alternating legs.

Repeat 20 reps

[-] Can use core sliders or towel

[+] Tap foot out to side before returning