



# INSTRUCTIONS

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## TUCK PLANK

**CATEGORIES:** Balance, Endurance, Strength, Warm Up

**LEVEL:** Advanced

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

Abs

Arms

Chest

Core

Full Body

Jumps and Leaps

Turns

Upper Body

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### STEPS:

- Starting in a high plank, jump your feet in towards your hips until your knees are just hovering over the ground.
- Lower down onto your forearms and jump your feet back to plank.
- Push back onto the palms to high plank.

Repeat 8-10 reps.