



INSTRUCTIONS

HOVER EXTEND

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/hover-extend>

Abs

Arms

Core

Full Body

Glutes

Hip Flexors

Lower Body

Shoulders

Turns



STEPS:

- Starting with your hands below your shoulders and knees below your hips, push your hands in to the floor until your knees are 2 inches above the ground.
- Slowly lift one arm straight in front of your shoulder while your opposite leg lifts straight out from your hip.

Alternate sides for 10-12 reps total.