



INSTRUCTIONS

DOWN DOG JACK

CATEGORIES: Endurance, Flexibility, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/down-dog-jack>

Abs

Arms

Core

Full Body

Quadriceps

Shoulders



STEPS:

- Start with your hands directly under your shoulders, and knees under your hips in a bear crawl position.
- Push your hips straight to the ceiling while one arm reaches back to the opposite foot.
- Return to start and hop both feet out and back together.

Repeat on the opposite side.

Repeat 8-10 total.

[+] Add a band around your ankles