



INSTRUCTIONS

WALKING PUSH UP

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/walking-push-up>

Arms

Chest

Core

Full Body

Glutes



STEPS:

- In a high plank, walk your hands and feet laterally to the side 2 steps.
- Bend at the elbows, lowering your chest into a push up and return to high plank.

Take 2 lateral steps to the opposite side and repeat 8 -12 reps.

[+] Add band around ankles