



INSTRUCTIONS

PLANK CROSS OVER

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

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

Abs

Core

Extension

Hip Flexors

Kicks



STEPS:

- In high plank, pull one knee into your chest.
- Extend that leg over your opposite foot, back to your chest and return to high plank.

Alternate for 20 reps.