



INSTRUCTIONS

PLANK PIKE SLIDE

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/plank-pike-slide>

Abs

Core

Shoulders

Turns

Upper Body



STEPS:

· Starting in a high plank with sliders or socks under/on your feet, lift your hips up to the ceiling engaging your abs to pull in.

Slowly lower your hips back to plank and repeat 10 reps.