



INSTRUCTIONS

ADVANCED ROTATING PLANK

CATEGORIES: Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/advanced-rotating-plank>

Abs

Core

Turns



STEPS:

- Start in a high plank.
- Push your hips high and reach your hand for the opposite foot.
- As you lower your hips, reach the same arm towards the ceiling before returning to high plank.
- Repeat on the other side.

Repeat 5 reps each side, 3 times.