



# INSTRUCTIONS

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## PUSH BACK PLANK

**CATEGORIES:** Power, Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/push-back-plank>

Abs

Acrobatics

Arms

Back

Chest

Core

Hip Flexors

Shoulders

Turns



### Steps:

- Begin in a plank position on your hands
- Push yourself backwards leading with your glutes and extend the right leg into the air.
- This is called three-legged dog.
- Push yourself forward back into the plank position and bring the right knee to the right elbow.
- Repeat by pushing back into the three-legged dog.

Repetitions and Modifications:

Repeat 30 seconds or 20 times each leg

[ - ] Remove the three-legged dog and just bring knees to elbows.