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# INSTRUCTIONS

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## SIDE PLANK KNEE TUCK

**CATEGORIES:** Balance, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/side-plank-knee-tuck/>

Core

Extension

Turns



### Steps:

- Come into a side plank position on your hand or elbows. Extend the opposite arm above your head.
- Cross your top leg over the bottom to kickstand your leg.
- Keeping hips lifted, tuck your top knee toward your shoulder while also bringing the same elbow to knee.
- Crunch slightly and hold.
- Slowly release careful not to send your hips forward or backwards.

Repetitions and Modifications:

8 – 10 Each Leg

[+] Plank on your hands.

[-] Plank on your elbow. Drop the bottom knee to help you balance