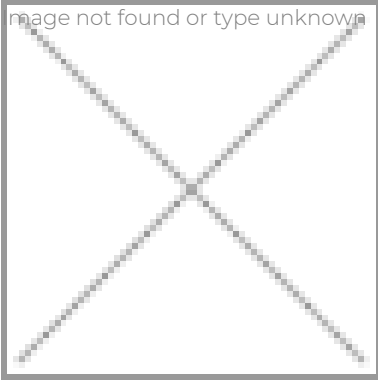


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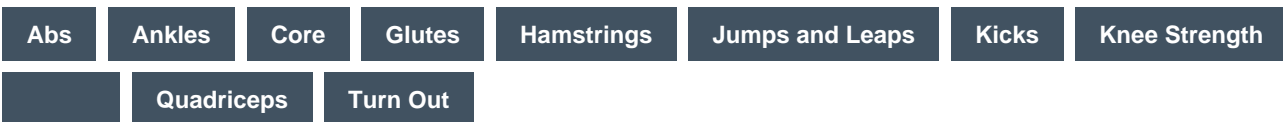
INSTRUCTIONS

PLANK SQUAT

CATEGORIES: Endurance, Power, Strength

LEVEL: Intermediate

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



Steps:

- The Plank Squat begins in a plank position on your hands.
- Jump your feet toward your hands while lifting your chest and driving your butt down
- Land in a low squat with heels on the floor
- Place your hands back on the floor and shoot your legs backwards into a plank position
- This is one repetition

Repetition and Modifications:

Repeat 8 – 10 times or for 30 seconds if you're doing circuits

[+] Add a pulse in your squat