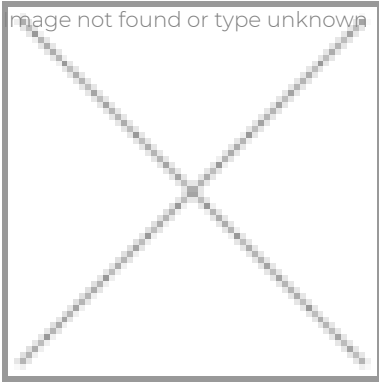


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INSTRUCTIONS

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

Turn Out

Upper Body



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.