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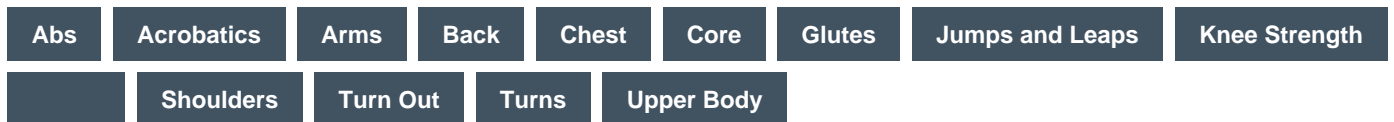
INSTRUCTIONS

PLANK LEG LIFTS

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Beginner

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



Steps:

- Come into a plank position on your hands – keeping arms shoulder distance apart
- Slowly lift one foot up and hold for a count
- Place it down and repeat on the other side



Repetitions and Modifications:
Repeat 8 – 10 times per leg

- [-] Drop to elbows if wrist get tired
- [-] Hold a regular plank