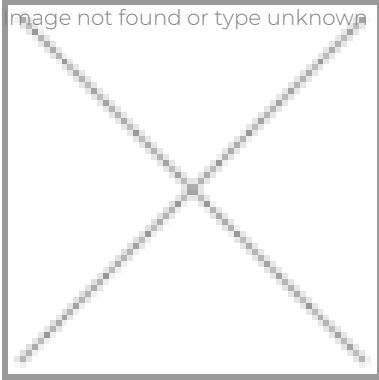


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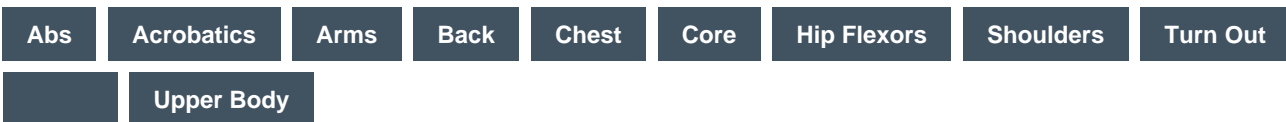
# INSTRUCTIONS

## PIKE PLANK

**CATEGORIES:** Balance, Endurance, Power, Strength

**LEVEL:** Intermediate

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



### Steps:

- Begin in a plank position on your hands.
- Bend the knees slightly and jump your feet in toward your hands
- Make an upside down V shape by pulling your core in lifting glutes up
- Jump feet back to plank position

Repetitions and Modifications:

Repeat 8 – 10 times

[ - ] Walk hands to feet instead of jump