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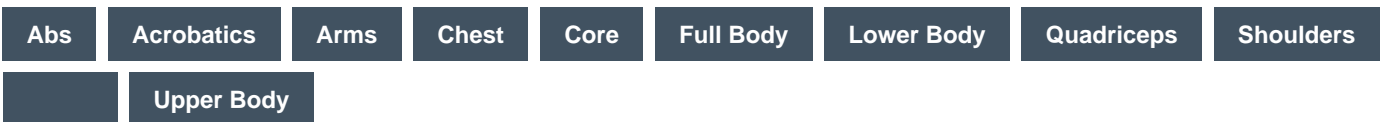
# INSTRUCTIONS

## INCH WORM

**CATEGORIES:** Balance, Power, Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/inch-worm/>



### Steps:

- Begin with legs together and arms at your side
- come to Relevé squeezing quads and keeping ankles together
- squat down to the ground
- walk your hands out to a plank position
- reach one hand forward
- walk yourself backwards to the squat position

Repetitions:

Repeat 8 times each arm

[+]stand all the way back up between each repetition

[-] Hold a plank and reach hands forward one at a time