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# INSTRUCTIONS

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## PLANK VARIATIONS

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

**LEVEL:** Beginner

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

Abs

Acrobatics

Chest

Core

Full Body

Turns

Upper Body



### Steps:

- oCome to all fours on hands and knees
- oExtend your legs backwards and tuck your toes under.
- oEngage your core, press your shoulders down and lift your hips until your body is in a flat line.
- oSqueeze and hold

Repetitions and Modifications:

Hold for 30 - 90 seconds

[+] Hold for an extended time

[-] Drop your knees and place your body in a diagonal