



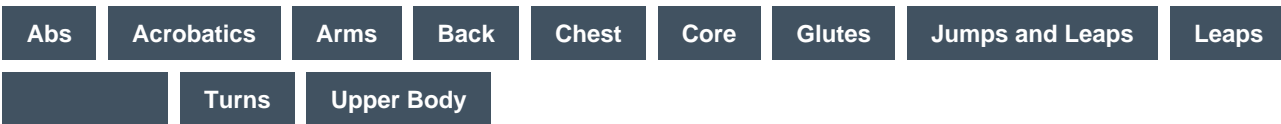
INSTRUCTIONS

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