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INSTRUCTIONS

MODIFIED PUSH UP

CATEGORIES: Power, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/modified-push-up/>

Acrobatics

Chest

Shoulders

Turns

Upper Body



Steps:

- Come into a plank position on your knees.
- Place hands shoulder distance apart
- Slowly lower your chest toward the ground keeping your belly pulled in.
- Keeping your eyes out and neck in line with your body, press yourself back up into the plank position

Repetitions and Modifications:

Repeat 6 - 12 times

[+] Lift your knees off the floor and lower from a full plank position