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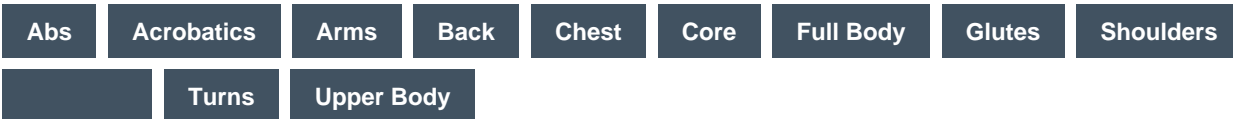
INSTRUCTIONS

PLANK HIGH FIVE

CATEGORIES: Partners, Power, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/plank-high-five/>



Steps:

- Partners plank on their hands and toes facing each other.
- Alternating hands, partners will high five each other

Repetitions and Modifications:

Repeat for 60 seconds

[-] Drop to your knees