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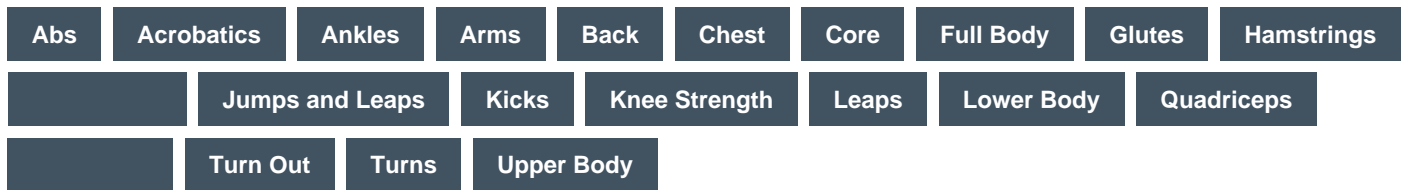
INSTRUCTIONS

PLANK AND HOP

CATEGORIES: Endurance, Partners, Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/plank-and-hop/>



Steps:

- One partner planks on their elbows while the other squats low and hops over the ankles of the planking partner.
- While jumping, tuck knees up and toward the shoulders.
- Go slow and focus on the height of the jump, not the speed.

After 30 seconds, partners switch positions.