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INSTRUCTIONS

SIDE PLANK ROTATION

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

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/side-plank-rotation/>

Abs

Acrobatics

Arms

Back

Core

Shoulders

Turns

Upper Body



Steps:

- Each partner begins in a side plank back to back.
- The top leg should kick-stand out in front of each partner for support.
- Each partner raises their free arm toward the sky creating a “T” shape with their body.
- From there, reach the free arm under the rib cage without lifting hips toward the sky, and partners clap hands under their rib cage.
- Arms make an arcing motion when they return back to the top.

Repetitions and Modifications: After 30 seconds, switch sides

[-] Hold a side plank without the rotation