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INSTRUCTIONS

PLANK JACK ROTATION

CATEGORIES: Endurance, Warm Up

LEVEL: Intermediate

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

Abs

Acrobatics

Core

Full Body

Jumps and Leaps

Knee Strength

Turns

Upper Body



Steps::

- Begin in a plank position on your hands
- Jump feet out about a foot and bring them back to the starting position.
- Keeping hips from dropping, rotate your upper body and reach your right arm up toward the ceiling.
- Look to the ceiling and slowly bring arm back down to plank position.
- Jump feet out and back in
- Repeat on the left.

Repetitions:

Repeat 5 times on each side or for 60 second when doing circuits.