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INSTRUCTIONS

ADVANCED PUSH UP

CATEGORIES: Strength

LEVEL: Advanced

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

Abs

Arms

Back

Chest

Core

Upper Body



STEPS:

- Starting in a high plank with your hands below your shoulders and feet together, slowly lower your chest a couple of inches above the ground.
- With control, step each foot about hip width apart and return to a high plank.
- Step your feet back together and repeat 5 - 10 times.

[+] Add a band around your ankles