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INSTRUCTIONS

TUCK PLANK

CATEGORIES: Balance, Endurance, Strength, Warm Up

LEVEL: Advanced

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

Abs

Arms

Chest

Core

Full Body

Jumps and Leaps

Turns

Upper Body



STEPS:

- Starting in a high plank, jump your feet in towards your hips until your knees are just hovering over the ground.
- Lower down onto your forearms and jump your feet back to plank.
- Push back onto the palms to high plank.

Repeat 8-10 reps.