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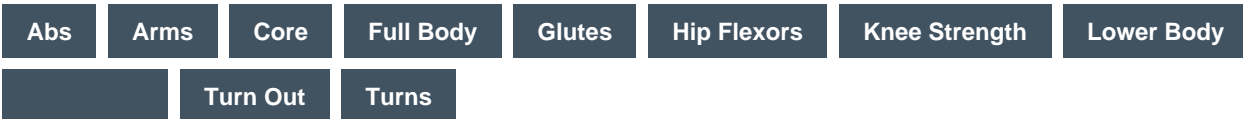
INSTRUCTIONS

HOVER EXTEND

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/hover-extend/>



STEPS:

- Starting with your hands below your shoulders and knees below your hips, push your hands in to the floor until your knees are 2 inches above the ground.
- Slowly lift one arm straight in front of your shoulder while your opposite leg lifts straight out from your hip.

Alternate sides for 10-12 reps total.