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INSTRUCTIONS

WIDE TO NARROW PUSH UP

CATEGORIES: Strength

LEVEL: Advanced

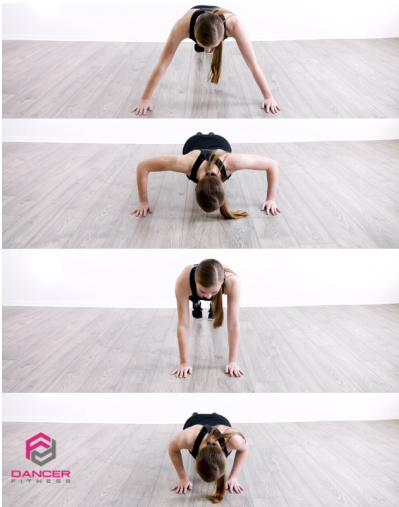
URL: <https://dancer-fitness.com/exercise/wide-to-narrow-push-up/>

Arms

Back

Chest

Core



STEPS:

- Starting in a high plank, with your hand directly below your shoulders, bend at the elbows, lowering your chest to the floor.

- Walk your hands out wider than shoulder and repeat.

Bring your hands back to start and repeat 4 reps of each.