

gdfgdg



INSTRUCTIONS

FLUTTER KICK SHOULDER PRESS

CATEGORIES: Endurance, Strength

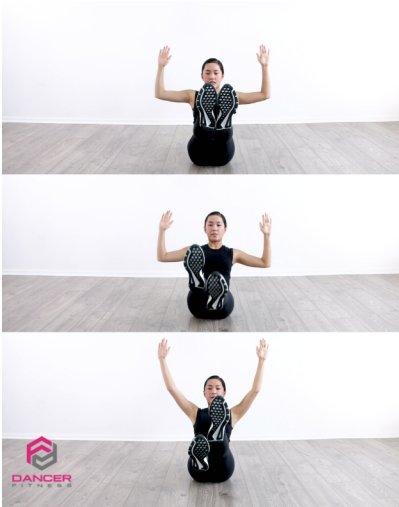
LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/flutter-kick-shoulder-press/>

Abs

Core

Shoulders



STEPS:

- Starting in a high boat, lift your arms above your head.
- With your legs straight out in front of you, alternate your feet up and down while pressing your hands straight above your head, and back to your shoulders.
- Repeat for a total of 10 presses.