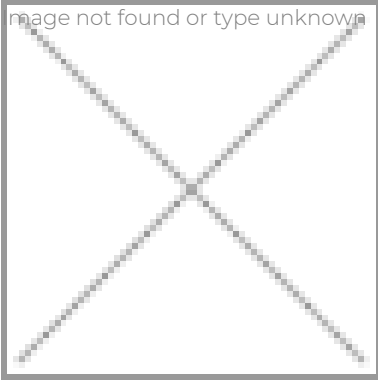


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INSTRUCTIONS

ONE LEG PUSH UP

CATEGORIES: Strength

LEVEL: Advanced

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

Arms

Chest

Core

Full Body

Glutes



STEPS:

- In a high plank, lift one leg 6 inches above the ground.
- Slowly lower your upper body by bending at the elbows, and returning to high plank.



Repeat 4 - 6 reps with each leg elevated.