

gdfgdg



# INSTRUCTIONS

---

## PIKE SLIDE AND REACH

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/pike-slide-and-reach/>

Abs

Core

Shoulders

Turns



### STEPS:

· Starting in a high plank with sliders or socks, pull your hips up to the ceiling, engaging your abs, creating a pike shape.

· Return to high plank and extend one arm forward.

Return palm to floor and repeat 10 times.