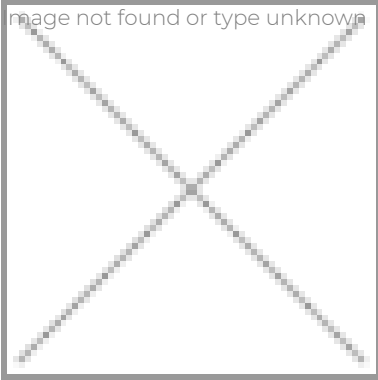


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INSTRUCTIONS

PINWHEEL PLANK

CATEGORIES: Strength, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/pinwheel-plank/>

Abs

Arms

Full Body

Turns



STEPS:

- Starting in a side plank, walk your feet over each other forward while turning on your palm for 4 steps.

- Walk your feet backwards 4 steps to start.

Repeat 5 times before switching sides.