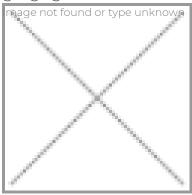
## gdfgdg



## **INSTRUCTIONS**

## PLANK AROUND THE WORLD

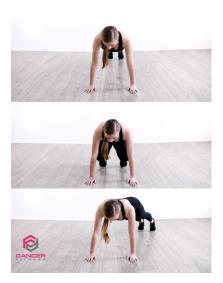
CATEGORIES: Power LEVEL: Intermediate

URL: https://dancer-fitness.com/exercise/plank-around-the-world/

Abs

Core

Hip Flexors



## **STEPS:**

- · Starting in a high plank, jump your feet towards your hands.
- $\cdot$  Jump your feet out to the left, back towards your hands and out towards the right.
- · Bring your feet back towards your hands before returning to high plank.

  Repeat 3 times.