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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.
- 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.