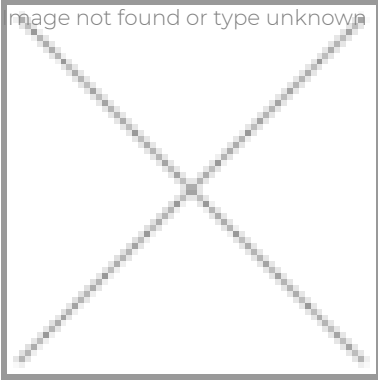


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INSTRUCTIONS

PLANK EXTEND AND TUCK

CATEGORIES: Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/plank-extend-and-tuck/>

Abs

Arms

Core

Glutes

Shoulders

Turns



STEPS:

· Starting in a high plank, extend one arm straight out in front of you and lift one leg directly behind you a couple inches off the floor.



· Pull your elbow and knee in towards each other and re-extend.

Repeat 8-10 reps before switching sides.

