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INSTRUCTIONS

PLANK SHOULDER PRESS

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

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

Abs

Core

Shoulders

Turns



STEPS:

- In a side plank on your elbow, extend your opposite arm to the side of your body in a goal post.
- Press your arm out over your ear and return.

Repeat 12 reps.