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INSTRUCTIONS

UP DOWN HOVER

CATEGORIES: Balance, Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/up-down-hover/>

Abs

Arms

Chest

Core

Quadriceps

Shoulders

Turns



STEPS:

- Start on your hands and knees.
- Lift your knees 2 inches above the ground.
- Slowly lower one elbow at a time to the ground, and press back into your palms.

Repeat for 10 reps total, 2 rounds.

[-] Stay on your knees.