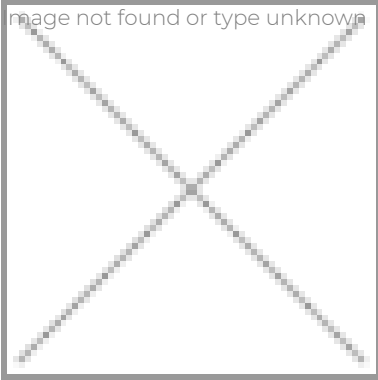


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# INSTRUCTIONS

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## SIDE PLANK LEG EXTENSION

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/side-plank-leg-extension/>

Abs

Core

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps



### STEPS:

- Start in a side plank, with your bottom knee on the ground and top leg lifted.
- Pull your lifted leg in towards your hip, and lower your kneeling leg towards the ground.
- Return to start.

Repeat 10 reps on each side, 2 rounds.