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INSTRUCTIONS

PUSH UP HOVER

CATEGORIES: Power, Strength, Uncategorized, Warm Up

LEVEL: Advanced

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

Abs

Arms

Back

Chest

Core

Shoulders

Turns

Upper Body



STEPS:

- Start in a high plank
- Bend at your elbows and lower your chest to the floor.
- Return to high plank
- Jump your feet in, until your thighs are inline with your hips, keeping your knees 2 inches above the ground.
- Jump your feet back to high plank.

Repeat 12 reps total, 3 times.