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INSTRUCTIONS

PLANK SQUAT ROW

CATEGORIES: Power, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/plank-squat-row/>

Full Body

Glutes

Hamstrings

Hip Flexors

Lower Body



STEPS:

- Start in a high plank.
- Jump your feet to meet your hands, keeping your hips low.
- Lift your chest, with your elbows bent at 90 degrees.
- Pinch your shoulder blades together and return your hands to the floor.
- Jump your feet back and repeat.

Repeat 10 reps, 2 times.