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# INSTRUCTIONS

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## PLANK SQUAT PRESS

**CATEGORIES:** Power, Strength

**LEVEL:** Intermediate

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

Abs

Ankles

Core

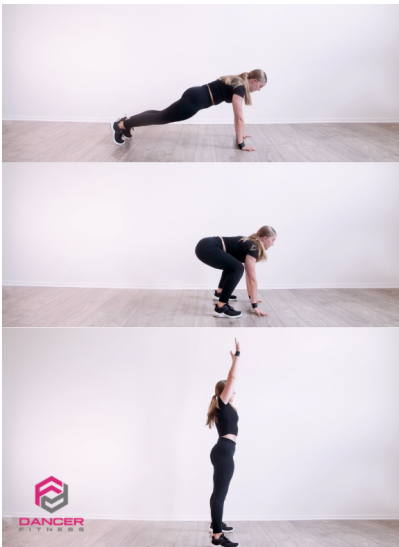
Glutes

Hamstrings

Jumps and Leaps

Lower Body

Shoulders



### STEPS:

- Start in a high plank.
- Jump your feet to meet your hands, keeping your hips low.
- Straighten your legs and press your arms above you.
- Return your hands to the ground and jump your feet back to high plank.

Repeat 10 reps, 2 times.