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INSTRUCTIONS

BANDED PLANK AND REACH

CATEGORIES: Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/banded-plank-and-reach/>

Abs

Arms

Back

Core

Shoulders

Upper Body



STEPS:

- Start in a low plank.
Extend one arm out in front of you, until your arm is inline with your shoulder.
- Return to your plank and alternate sides.

Repeat 10 reps total, 2 times.

[+] Add a band around your hands for added resistance