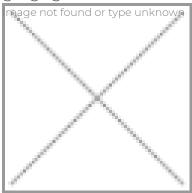
gdfgdg



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