



INSTRUCTIONS

PIKE PLANK

CATEGORIES: Balance, Endurance, Power, Strength

LEVEL: Intermediate

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

Abs

Acrobatics

Arms

Back

Chest

Core

Hip Flexors

Shoulders

Turn Out

Upper Body



Steps:

- Begin in a plank position on your hands.
- Bend the knees slightly and jump your feet in toward your hands
- Make an upside down V shape by pulling your core in lifting glutes up
- Jump feet back to plank position

Repetitions and Modifications:

Repeat 8 – 10 times

[–] Walk hands to feet instead of jump