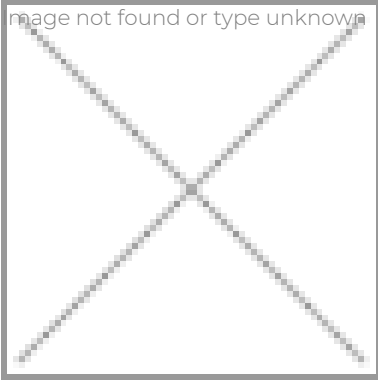


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INSTRUCTIONS

ADVANCED PLANK TO HOVER

CATEGORIES: Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/advanced-plank-to-hover/>

Abs

Back

Core

Shoulders

Turns



STEPS:

- Start in a high plank position.
- Push your hips high and reach one arm back to the opposite foot.
- Return to a high plank and hop your feet to the outside of your hands.
- Return to a high plank and repeat.

Repeat 10 reps each side, 3 times.