

gdfgdg



INSTRUCTIONS

BANDED HOVER PUSH BACK

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/banded-hover-push-back/>

Back

Core

Full Body

Shoulders

Upper Body



STEPS:

- Place a band around your palms.
- Starting in table top, lift your knees 2 inches above the ground.
- Lift one arm straight behind you towards your hips.
- Pause for a beat, then return your hand to the floor.

Repeat 10 times before switching sides.

[] Remove the band

[] Keep knees on the floor