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INSTRUCTIONS

BANDED HOVER ROW

CATEGORIES: Balance, Strength

LEVEL: Intermediate

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

Back

Core

Turns



STEPS:

- Place a band around your palms.
- Starting in table top, lift your knees 2 inches above the ground.
- Lift one hand off the floor, bending at the elbow, keeping it close to the body.
- Draw your elbow back to the ceiling, pause for a beat, and return to the ground.

Repeat 10 times before switching sides.

[] Remove the band

[] Keep knees on the floor