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# INSTRUCTIONS

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## DOLPHIN PUSH UP

**CATEGORIES:** Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/dolphin-push-up/>

Abs

Back

Full Body

Shoulders

Turns



### STEPS:

- Start in a low plank with your forearms on the ground, palms touching, forming a triangle.
- Press firmly into your forearms, and lift your hips to the ceiling, pulling your belly button in towards the spine.
- Pause for a beat, and return your hips to the starting plank.

Repeat 10 times.