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INSTRUCTIONS

INCH WORM PUSH UP

CATEGORIES: Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/inch-worm-push-up/>

Ankles

Chest



STEPS:

- Start standing with your feet hip distance apart.
 - Lift your heels into releve.
- Return your heels down to the floor, and reach down to touch your toes.
- Walk your hands out in front of you until you're in a high plank.
 - Bending at the elbows, lower your chest to the floor.
 - Pushing through your palms, straighten your arms back to high plank.
 - Walk your hands back towards your ankles, bending the knees and return to standing.