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INSTRUCTIONS

NEGATIVE PUSH UP

CATEGORIES: Strength, Warm Up

LEVEL: Advanced

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

Arms

Back

Chest

Upper Body



STEPS:

- Start in a high plank pose.
- Slowly lower your chest to the ground, 5 counts.
- Push your hips back towards your feet, and reset in a high plank.

Repeat 8 times.

[-] Drop down to your knees