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# INSTRUCTIONS

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## SPIDERMAN PLANK

**CATEGORIES:** Power, Strength, Warm Up

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/spiderman-plank/>

Abs

Arms

Back

Chest

Core

Extension

Hip Flexors

Shoulders

Turns



### STEPS:

- Start in a high plank.
- Lower your forearms to the ground.
- Bend one knee, and bring it up to meet your tricep (same side).
- Extend the leg back to your low plank.

Repeat 10 times before switching sides.