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INSTRUCTIONS

UP DOWN PLANK PUSH UP

CATEGORIES: Power, Strength, Warm Up

LEVEL: Beginner

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

Abs

Arms

Chest

Core

Shoulders

Turns

Upper Body



STEPS:

- Start in a high plank.
- Lower your forearms down to a low plank.
- Push your palms into the ground for a high plank.
- Slowly bend your elbows and bring your chest towards the floor.
- Re-extend your elbows into a high plank.

Repeat 6-8times.