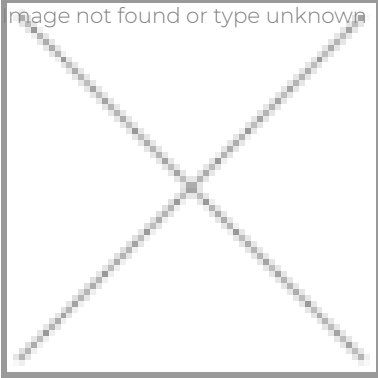


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INSTRUCTIONS

ROPE CLIMB CORE

CATEGORIES: Strength, Warm Up

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/rope-climb-core/>

Abs

Core

Turns



STEPS:

- Start lying on your back with your knees bent and feet on the floor.
- Reach one arm straight up in front of you.
- Alternate arms as if you were pulling on a rope directly above you.
- Lift your chest towards your knees until your back is straight and upright.
- Follow the same hand motion to lower your back down to the ground.

Repeat 12 - 20 times.