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INSTRUCTIONS

PUSH UP DOWN DOG

CATEGORIES: Flexibility, Strength

LEVEL: Intermediate

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

Arms

Back

Chest

Upper Body



STEPS:

- Start in a high plank with your shoulders directly over your palms.
 - Bend at the elbows to bring your chest towards the floor until your back is inline with your elbows.
 - Push back up to a high plank.
 - Lift your hips towards the ceiling and bring your opposite arm to the opposite foot.
 - Return to a high plank.
- Alternate sides.
- Repeat 10 times.