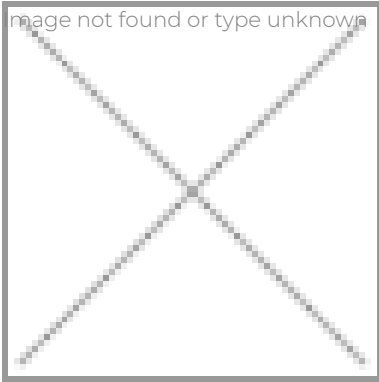


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INSTRUCTIONS

PLANK SLIDE AND CROSS

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/plank-slide-and-cross/>

Core

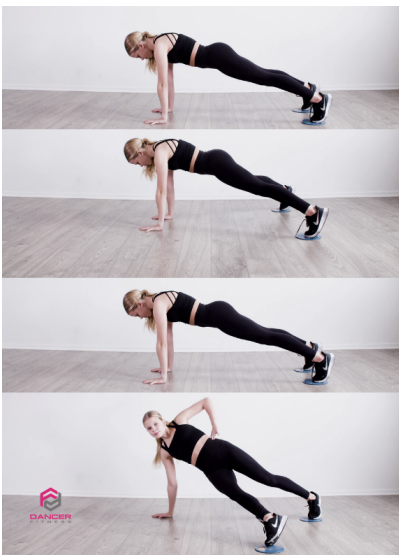
Glutes

Hip Flexors

Shoulders

Turns

Upper Body



STEPS:

- Place your feet on core sliders or small towels.
- Start in a high plank with your shoulders directly over your palms.
- Pull your feet outwards in opposite directions, and return to start.
- Draw your right knee in towards your left elbow, and cross it under your left leg until straight.
- Bring your left hand to your hip.
- Return to your plank and alternate sides.

Repeat 8 - 12 times.