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INSTRUCTIONS

HOVER PLANK KICK BACK

CATEGORIES: Balance, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/hover-plank-kick-back/>

Abs

Arms

Core

Glutes

Hamstrings

Jumps and Leaps

Lower Body



STEPS:

- Start in a table top position with your knees bent and palms directly under your shoulders.
- Press into your palms until your knees are 2 inches off the ground into a hover position.
- Lift your right leg straight back, keeping a 90 degree bend in the knee.
- Hold for a beat, and return your foot to the floor.
- Repeat with your left leg.
- Jump both feet back into a high plank.
- Hold for a beat, and return to your hover position.

Repeat 10 times.