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# INSTRUCTIONS

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## BANDED PUSH UP

**CATEGORIES:** Strength, Warm Up

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/banded-push-up/>

Arms

Chest



### STEPS:

- Place a band around the highest point of your arms, and start in a high plank position with your hands under your shoulders.
- Slowly bend your elbows until you're about 6 inches away from the floor. Press into your palms to push back up into a plank.

Repeat 6 - 12 times.

[ ] Remove the band