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INSTRUCTIONS

ADVANCED PUSH UP SERIES

CATEGORIES: Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/advanced-push-up-series/>

Arms

Chest

Core

Glutes

Upper Body



STEPS:

- Start in a high plank position with your palms directly below your shoulders.
 - Transfer weight to your left palm while lifting your right hand.
 - Tap the opposite hand to the opposite shoulder and return to your high plank.
- Repeat 4 times.
- Lift your right toes 2-6 inches off the ground.
 - Lower your chest towards the ground, bending at the elbows.
 - Press into your palms until you return to high plank.
 - Keep your toes lifted and repeat 4 times before placing your foot back to the floor.

Repeat on the left.

[-] Leave feet on the ground when doing the push ups.