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INSTRUCTIONS

COMBO – PLANK VARIATIONS

CATEGORIES: Strength

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/combo-plank-variations/>

Do this combination exercise all at once or break them apart and mix throughout your warm up. Utilize these combos as a dynamic warm up or a quick full body engagement before running skills or going across the floor. **Featured Exercises:** [Plank Variations](#), [Plank Slides](#), [Plank Leg Lifts](#)

Arms

Core

Glutes

Hip Flexors

Shoulders

Turns



Exercise #1|Exercise #2|Exercise #3:

Start in a low plank.

Press into your palms into a high plank, and return to a low plank. Repeat 5 times, alternating palms.|Plank Step Outs on each side, alternating for 20 total.|Plank Leg Lifts. Alternating sides, 20 total.

