



INSTRUCTIONS

INCH WORM

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/inch-worm>

Abs

Acrobatics

Arms

Chest

Core

Full Body

Lower Body

Quadriceps

Shoulders

Upper Body



Steps:

- Begin with legs together and arms at your side
- come to Relevé squeezing quads and keeping ankles together
- squat down to the ground
- walk your hands out to a plank position
- reach one hand forward
- walk yourself backwards to the squat position

Repetitions:

Repeat 8 times each arm

[+]stand all the way back up between each repetition

[-] Hold a plank and reach hands forward one at a time