



INSTRUCTIONS

PLANK VARIATIONS

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Beginner

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

Abs

Acrobatics

Chest

Core

Full Body

Turns

Upper Body



Steps:

- oCome to all fours on hands and knees
- oExtend your legs backwards and tuck your toes under.
- oEngage your core, press your shoulders down and lift your hips until your body is in a flat line.
- oSqueeze and hold

Repetitions and Modifications:

Hold for 30 - 90 seconds

[+] Hold for an extended time

[-] Drop your knees and place your body in a diagonal