



# INSTRUCTIONS

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## MODIFIED PUSH UP

**CATEGORIES:** Power, Strength, Warm Up

**LEVEL:** Beginner

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

Acrobatics

Chest

Shoulders

Turns

Upper Body



### Steps:

- Come into a plank position on your knees.
- Place hands shoulder distance apart
- Slowly lower your chest toward the ground keeping your belly pulled in.
- Keeping your eyes out and neck in line with your body, press yourself back up into the plank position

Repetitions and Modifications:

Repeat 6 - 12 times

[+] Lift your knees off the floor and lower from a full plank position