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# INSTRUCTIONS

## PUSH UP KNEE TAP

**CATEGORIES:** Power, Strength

**LEVEL:** Intermediate

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

Abs

Arms

Chest

Core

Jumps and Leaps

Kicks

Lower Body

Shoulders

Turns



### STEPS:

- Start in a high plank.
- Bending at the elbows, lower your chest to the floor in a push up.
- Press back up to high plank.
- Pull your left knee in toward your chest and tap your knee with your right hand.
- Return to high plank.
- Pull your right knee in toward your chest and tap your knee with your left hand.
- Return to high plank.

Repeat 10-12 times.

[ - ] Lower down to your knees for the push up.