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INSTRUCTIONS

PUSH BACK PLANK AND HOLD

CATEGORIES: Endurance, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/push-back-plank-and-hold/>

Arms

Chest

Core

Quadriceps

Shoulders

Turns

Upper Body



STEPS:

- Start in a high plank.
- Press into your palms and push your hips back toward your ankles.
- Extend your arms straight in front of you, and keep your knees off the floor.
- Hold a plank for 20 seconds, push back 10 times.
- Hold a plank for 30 seconds, push back 8 times
- Hold a plank for 40 seconds, push back 6 times

Then rest.