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INSTRUCTIONS

KNEE TUCK UP DOWN PLANK

CATEGORIES: Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/knee-tuck-up-down-plank/>

Abs

Arms

Core

Hip Flexors

Turns



STEPS:

- Start in a high plank.
- Draw your right knee toward your left elbow.
- Return to high plank.
- Draw your left knee toward your right elbow.
- Return to high plank.
- With control, lower one forearm down towards the ground, then the other.
- Return to high plank.

Repeat this combination 8 - 12 times.

[] Remove the up down plank