



INSTRUCTIONS

TRICEP PLANK JACK

CATEGORIES: Balance, Power, Strength, Warm Up

LEVEL: Advanced

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



Steps::

- Begin in a plank on your elbows
- Shift weight forward by pressing off your toes
- Shift back to the starting position
- Jack your feet open about a foot
- Jack back to starting position.

Repetitions and Modifications:

Repeat 8 – 10 times or 60 seconds if doing circuits.

[-] Remove the shifting motion