

## WIDE TO NARROW PUSH UP

**CATEGORIES:** Strength

**LEVEL:** Advanced

**URL:** <https://www.dancer-fitness.com/exercise/2074>

Arms

Back

Chest

Core



### STEPS:

· Starting in a high plank, with your hand directly below your shoulders, bend at the elbows, lowering your chest to the floor.

· Walk your hands out wider than shoulder and repeat.

Bring your hands back to start and repeat 4 reps of each.