



# INSTRUCTIONS

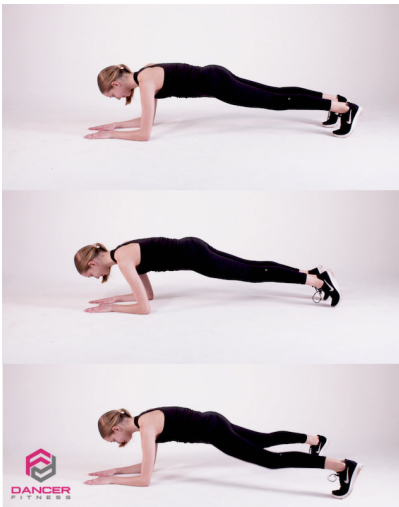
## TRICEP PLANK JACK

**CATEGORIES:** Balance, Power, Strength, Warm Up

**LEVEL:** Advanced

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

Abs	Acrobatics	Ankles	Arms	Back	Chest	Core	Full Body	Glutes	Hip Flexors
	Kicks	Leaps	Lower Body	Quadriceps	Shoulders	Turns	Upper Body		



### 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