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INSTRUCTIONS

PARTNER BACK FLEXIBILITY WARM UP

CATEGORIES: Flexibility, Partners, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/partner-back-flexibility-warm-up/>

Acrobatics

Back



STEPS:

[P1]

- Begin by lying on your stomach with a yoga block pressed between your palms.
- Press into your hips, stretching back to hand the yoga block to your partner.
- Return to your stomach.
- Press into your hips again, stretching back to retrieve the yoga block from your partner.
- Return to your stomach and repeat.

[P2]

- Sit on your knees behind your partner, holding their ankles in place.
- As your partner lifts, grab the yoga block from their hands.
- Hold the yoga block out in front of you for them to retrieve it again.

Switch spots after 8-10 reps.