



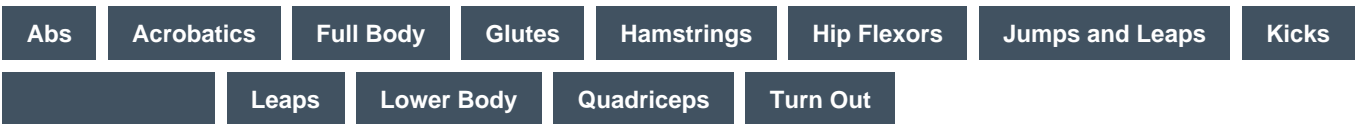
INSTRUCTIONS

PARTNER LEG PRESS

CATEGORIES: Partners, Power, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/partner-leg-press>



Steps:

- Partner A lays on their back. Legs in the air with knees bent. Hip distance apart.
- Partner B planks on the partner A's feet on their elbows.
- Partner A slowly bends their knees toward their chest.

NOTE: keep your low back glued to the floor and use your arms for support. Let knees drive toward armpits.

- Partner A presses partner B back up by straightening their legs.
- Partner B: You must hold your body still in one piece. Squeeze your core and glutes tight.

Repetitions and Modification: Repeat 5 – 8 times each partner
[-] Hold in a half leg press position.