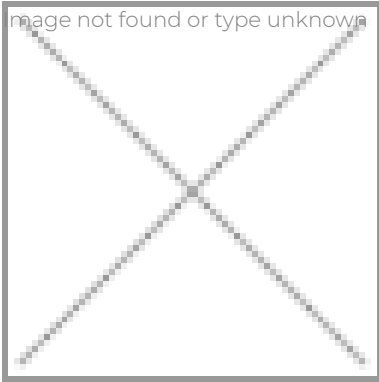


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# INSTRUCTIONS

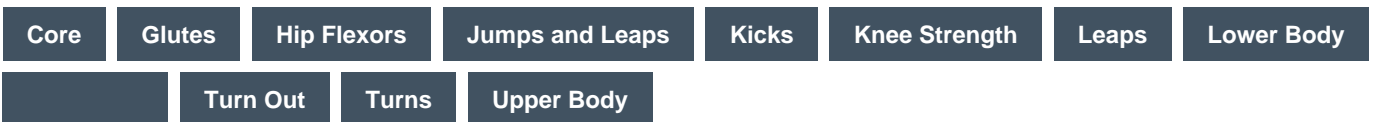
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## CRUNCH AND PUNCH

**CATEGORIES:** Partners, Strength

**LEVEL:** Intermediate

**URL:** <https://dancer-fitness.com/exercise/crunch-and-punch/>



### Steps:

- Partner 1 starts in a sit-up position and partner 2 in a narrow squat.
- Partner 1 has their feet between the feet of partner 2. Press your feet together to keep them grounded on the floor.
- Partner 1 does a sit-up and punches each of partner 2's hands while twisting their core. Slowly extend back to the floor and repeat.

Repetitions:  
30 Seconds each person.  
3 Times.