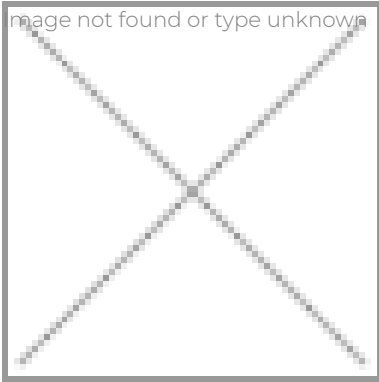


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# INSTRUCTIONS

## PARTNER SQUAT HIP THRUST

**CATEGORIES:** Partners, Power, Strength

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/partner-squat-hip-thrust/>

Acrobatics

Full Body

Glutes

Hamstrings

Jumps and Leaps

Kicks

Knee Strength

Lower Body

Turn Out



### Steps:

- Partner A lays on their back
- Partner B is in a low squat with hands cupped and low between legs.
- Partner A places their heels in partner B's hands.
- Using their arms for support, Partner A presses their heels into the hands of partner B and lifts their hips off the floor and squeezes at the top.
- Partner A Gently places their butt back down.

### Repetitions and Modifications:

- Repeat 10 times per partner
- [ - ] Hold the hip bridge or place Partner A's feet on Partner B's thighs instead of their hands