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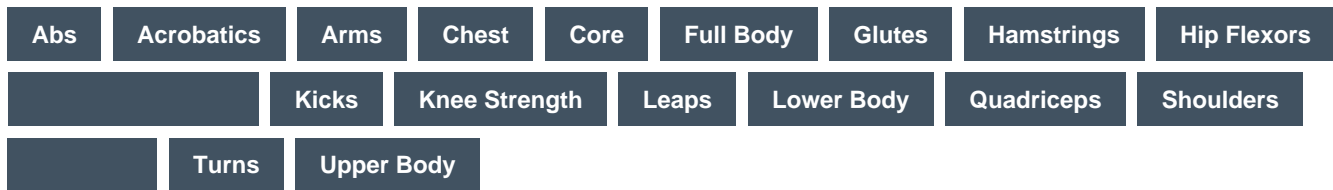
INSTRUCTIONS

PARTNER PLANK AND SQUAT

CATEGORIES: Partners, Power, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/partner-plank-and-squat/>



Steps:

- One partner squats in a wide second position. Knees are at 90 degrees and toes are facing slightly diagonal.
- NOT TURNED OUT.
- The second partner will be in a high plank with their feet placed on the squatting partner's thighs.
- For the best hold, place feet closer to the hip socket.

Repetitions and Modifications:

Hold for 30 seconds

[+] Add push ups to the planks