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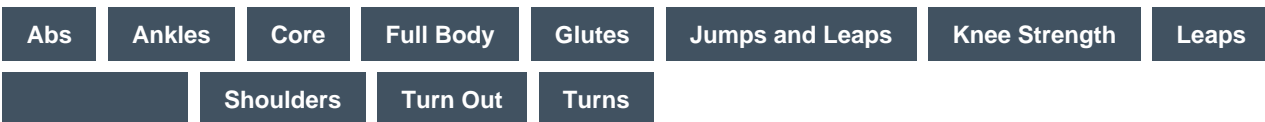
INSTRUCTIONS

PARTNER SQUAT AND ROTATE

CATEGORIES: Balance, Partners, Power, Strength, Warm Up

LEVEL: Beginner

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



Steps:

- Partners hold right hands and back away from each other until arms are almost straight.
- Each partner squats and rotates their shoulders toward their left side, stretching their left arm to the side.
- Stand up, switch hands and repeat.
- Hips stay facing each other while shoulders and ribs twist.

Repeat 10 times each side