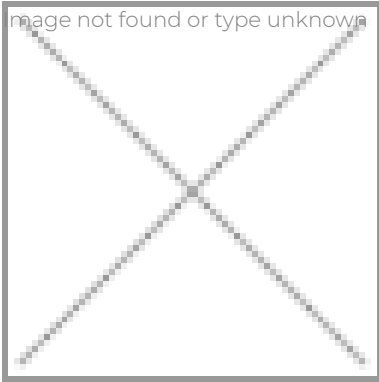


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INSTRUCTIONS

PARTNER SUPER MAN

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

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/partner-super-man/>

Abs

Back

Core

Turns



Steps::

- Begin laying on your stomach, head to head with a partner
- Stretch both arms out toward each other.
- Pressing the tops of your feet into the ground, lift your chest off the floor.
- High five each hand of your partner before coming back to the starting position.

Reps and Modifications:

Repeat 8 – 10 times

[–] Have additional partners hold your feet for more stability