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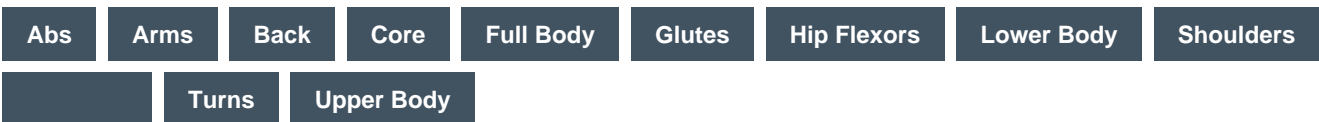
INSTRUCTIONS

PARTNER OVER UNDER

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

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/partner-over-under/>



Steps::

- P1: Begins in a plank on their hands
- P2: Begins seated with hands supporting them from behind and knees tucked in.
- P2: Extends legs up toward ceiling, tucks them back in and then extends legs under the stomach of P1.
- This is one repetition

Repetitions and Modifications:

- Repeat 8 times each partner.