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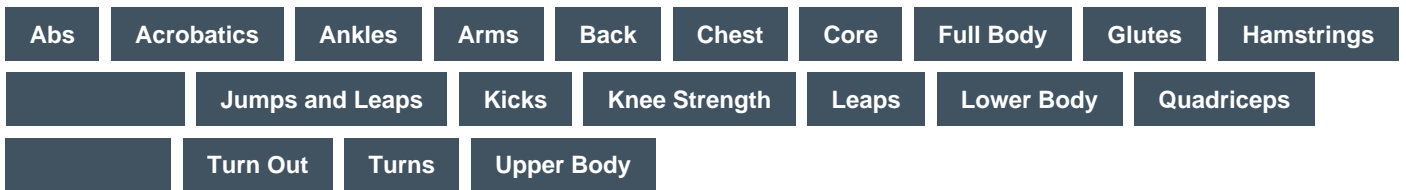
INSTRUCTIONS

PARTNER WALL SIT / PLANK

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

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/partner-wall-sit-plank/>



Steps::

- [P1] Perform a wall sit, making sure to keep core engaged and back flat along the wall.
- [P2] Begin in a bug and gently place feet on legs of P1
- [P2] Walk hands out to a plank position. Keep core nice and tight.

Repetitions and Modifications:

- Hold for 30 seconds and switch partners
- [+] P2 add push ups