

gdfgdg



INSTRUCTIONS

PARTNER ROW

CATEGORIES: Partners, Strength

LEVEL: Advanced

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

Abs

Arms

Back

Core

Shoulders

Upper Body



STEPS:

· Both partners in a high plank position, reach out and grab the same side hand. Gently pull P1's hand down towards your hips. P2 repeat.

Repeat 10-12 times on one side before switching arms.