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INSTRUCTIONS

ADVANCED SHOULDER PRESS

CATEGORIES: Partners, Strength

LEVEL: Advanced

URL: <https://dancer-fitness.com/exercise/advanced-shoulder-press/>

Abs

Arms

Core

Full Body

Shoulders

Turns

Upper Body



STEPS:

- P1 - Starting in a plank position, let your partner grab your ankles. Slowly walk backwards in the plank position to allow your ankles to reach your partner's shoulders.
- Keep your core tight and draw your navel in as your partner pushes their arms up over head, hinging at the hips and push your bottom toward the sky.
- P2 - Sitting back on your knees, grab your partners ankles and push straight over your head. Slowly lower.

Repeat 5 – 8 times and switch.