

gdfgdg



INSTRUCTIONS

PARTNER SQUAT AND PUSH UP

CATEGORIES: Balance, Endurance, Partners, Strength

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/partner-squat-and-push-up/>

Abs

Arms

Chest

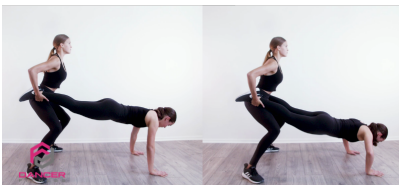
Core

Full Body

Hamstrings

Lower Body

Quadriceps



STEPS:

- [P1] Holding a squat position, grab P2's ankles and place them on your hip.
- [P2] In a plank, lower your chest a couple of inches above the floor and press back up into plank.

Repeat for 8-10 reps before switching.