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# INSTRUCTIONS

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## PARTNER PIKE PLANK ADVANCED

**CATEGORIES:** Partners, Strength, Warm Up

**LEVEL:** Advanced

**URL:** <https://dancer-fitness.com/exercise/partner-pike-plank-advanced/>

Abs

Core

Full Body

Glutes

Hamstrings

Lower Body

Quadriceps

Shoulders



### STEPS:

- [P1] Starting in a low squat, place P1's feet in your hands and hold.
- [P2] Starting in a plank with elbows on the ground, lift your hips until your legs and core are 90 degrees.

Return to plank and repeat 10 reps.