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INSTRUCTIONS

PARTNER REVERSE CRUNCH

CATEGORIES: Partners, Strength

LEVEL: Intermediate

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

Abs

Arms

Core

Shoulders

Turns



STEPS:

[P1] Standing with your feet together, extend your arms straight in front of you at shoulder height.

[P2] Starting on your back, hold on to P1's ankles and begin to lift your legs straight from your hips until you create a 90 degree angle.

Slowly lift your hips off the ground, reaching for P1's arm height and return hips to the floor.

Repeat 12 times.