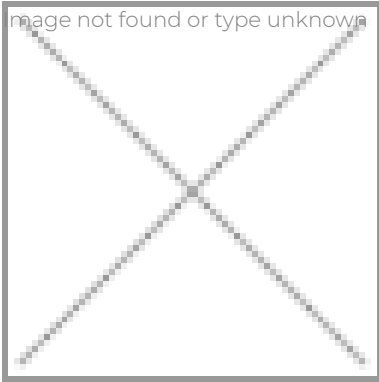


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INSTRUCTIONS

PARTNER WALL SIT CORE WORKOUT

CATEGORIES: Partners, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/partner-wall-sit-core-workout/>

Abs

Core

Glutes

Hamstrings

Hip Flexors

Quadriceps



STEPS:

[P1]

- Start standing against a wall.
- Slowly slide your back down until your knees are bent at 90 degrees, and press your back into the wall for stability.

[P2]

- Start lying on your back, holding a yoga block at your chest.
- Pull your chest toward the ceiling in a sit up, and hand the yoga block to P1.
- Lower down to your back.
- Pull your chest toward the ceiling in a sit up, and grab the yoga block from P1.

Repeat for 30 seconds, then switch.