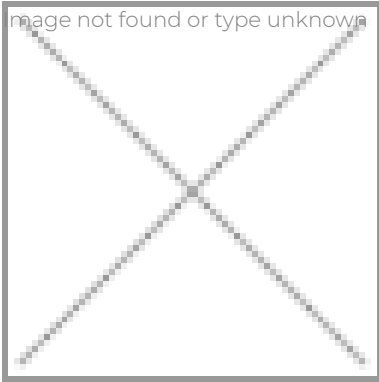


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# INSTRUCTIONS

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## PARTNER PUSH UP AND PUNCH

**CATEGORIES:** Strength

**LEVEL:** Intermediate

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

Arms

Back

Chest

Core

Shoulders



### STEPS:

· Both partners start in high plank.

[P1]

· Keeping your elbows close, bend your elbows and lower down to a push up.  
· Hold at the bottom of the push up for 2 counts, then press back up to high plank.

[P2]

· When P1 is at the bottom of their push up, lift your right arm and extend it over their head in a punch motion.  
· Repeat with the left arm.

Alternate P1/P2 8 times.

[ ] Lower down to your knees for the push up.