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INSTRUCTIONS

PARTNER BALL TOSS

CATEGORIES: Balance, Partners, Power, Strength, Warm Up

LEVEL: Beginner

URL: <https://dancer-fitness.com/exercise/partner-ball-toss/>

Ankles

Core

Knee Strength & Length

Lower Body

Turns



STEPS:

- Place 2 yoga blocks on their long side about 3-5 feet apart from each other. Each partner will step up on the yoga block with their right foot, one partner holding a weighted ball. Bring your left foot to coupé. The partner who has the weighted ball will toss it across to the other person.

Repeat 10-15 times.

- [+] Remove shoes for more stability on the yoga block.
- [+] Remove the Yoga Block.