

## PARTNER WORKOUT: ADVANCED

**CATEGORIES:** Balance, Endurance, Partners, Power, Strength

**LEVEL:** Advanced

**EXERCISE COUNT:** 8

**URL:** <https://dancer-fitness.com/plan/partner-workout-advanced/>

If you're doing this as a circuit: Do each exercise for 60 seconds. Switch Partners at 30 Seconds Rest for 20 seconds between exercises Repeat the circuit 1-3 times.



### HIP LIFT DRILL

**LEVEL:** Beginner

**CATEGORY:** Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/hip-lift-drill/>

### COBRA POSE

**LEVEL:** Beginner

**CATEGORY:** Flexibility, Warm Up

<https://dancer-fitness.com/exercise/cobra-pose/>

### V-CROSS CRUNCH

**LEVEL:** Advanced

**CATEGORY:** Strength, Warm Up

<https://dancer-fitness.com/exercise/v-cross-crunch/>

### PARTNER WALL SIT/ HIGH KNEES

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-wall-sit-high-knees/>

### PARTNER WALL SIT / PLANK

**LEVEL:** Advanced

**CATEGORY:** Balance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-wall-sit-plank/>

## **PARTNER OVER UNDER**

**LEVEL:** Intermediate

**CATEGORY:** Balance, Partners, Power, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-over-under/>

## **PARTNER SPLIT SQUAT**

**LEVEL:** Advanced

**CATEGORY:** Balance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/partner-split-squat/>

## **BURPEE TUCK JUMP**

**LEVEL:** Intermediate

**CATEGORY:** Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/burpee-tuck-jump/>