
PARTNER WO

CATEGORIES: Partners

LEVEL: Intermediate

EXERCISE COUNT: 9

URL: <https://dancer-fitness.com/plan/partner-wo/>

PARTNER SQUAT AND PUSH UP

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Partners, Strength

<https://dancer-fitness.com/exercise/partner-squat-and-push-up/>

PARTNER LUNGE HIGH KNEE

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Partners, Power, Warm Up

<https://dancer-fitness.com/exercise/partner-lunge-high-knee/>

ADVANCED SHOULDER PRESS

LEVEL: Advanced

CATEGORY: Partners, Strength

<https://dancer-fitness.com/exercise/advanced-shoulder-press/>

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 PLANK AND SQUAT

LEVEL: Advanced

CATEGORY: Partners, Power, Strength

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

PLANK AND HOP

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/plank-and-hop/>

PARTNER SQUAT HIP THRUST

LEVEL: Advanced

CATEGORY: Partners, Power, Strength

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

CRUNCH AND PUNCH

LEVEL: Intermediate

CATEGORY: Partners, Strength

<https://dancer-fitness.com/exercise/crunch-and-punch/>