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## PARTNER ACRO WARM UP

**CATEGORIES:** Partners, Warm Up

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/partner-acro-warm-up/>

1. 10 2. 10 then switch partners 3. 10 4. 10 then switch sides 5. 8 hops then switch partners 6. 15 sit ups, then switch partners

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## POWER JACK

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/power-jack/>

## PARTNER LEG THROW

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/partner-leg-throw/>

## BURPEE TUCK JUMP

**LEVEL:** Intermediate

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

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

## SIDE PLANK ROTATION

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/side-plank-rotation/>

## PLANK AND HOP

**LEVEL:** Intermediate

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

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

## SIT UP MOUNTAIN CLIMBER

**LEVEL:** Intermediate

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

<https://dancer-fitness.com/exercise/sit-up-mountain-climber/>