

## DANCE TEAM ACRO

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

**LEVEL:** Intermediate

**EXERCISE COUNT:** 2

**URL:** <https://dancer-fitness.com/plan/dance-team-acro/>

---

## PARTNER LEG PRESS

**LEVEL:** Advanced

**CATEGORY:** Partners, Power, Strength

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

## PARTNER SQUAT AND ROTATE

**LEVEL:** Beginner

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

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