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## PARTNER DRILLS

**CATEGORIES:** Partners

**LEVEL:** Advanced

**EXERCISE COUNT:** 9

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

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### PARTNER WALL SIT / PLANK

**LEVEL:** Advanced

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

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

### PARTNER LEG THROW

**LEVEL:** Intermediate

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

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

### PARTNER REVERSE CRUNCH

**LEVEL:** Intermediate

**CATEGORY:** Partners, Strength

<https://dancer-fitness.com/exercise/partner-reverse-crunch/>

### PARTNER SPLIT SQUAT

**LEVEL:** Advanced

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

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

### PARTNER OVER UNDER

**LEVEL:** Intermediate

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

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

### PARTNER OVER UNDER

**LEVEL:** Intermediate

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

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

### SIDE PLANK ROTATION

**LEVEL:** Intermediate

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

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

## **PARTNER LEG PRESS**

**LEVEL:** Advanced

**CATEGORY:** Partners, Power, Strength

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

## **ADVANCED SHOULDER PRESS**

**LEVEL:** Advanced

**CATEGORY:** Partners, Strength

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