



## ***PLAN DETAILS***

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### ***PARTNER – 5***

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 5

**URL:** <https://dancer-fitness.com/plan/partner-5/>

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#### **PARTNER LEG THROW**

**LEVEL:** Intermediate

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

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

#### **PARTNER OVER UNDER**

**LEVEL:** Intermediate

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

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

#### **SIT UP MOUNTAIN CLIMBER**

**LEVEL:** Intermediate

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

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

#### **PARTNER SQUAT AND ROTATE**

**LEVEL:** Beginner

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

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

#### **PARTNER LEG PRESS**

**LEVEL:** Advanced

**CATEGORY:** Partners, Power, Strength

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