
PARTNER WORKOUTS

CATEGORIES: Partners

LEVEL: Beginner

EXERCISE COUNT: 10

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

Summer Partners

SQUAT HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Strength

<https://dancer-fitness.com/exercise/squat-high-five/>

PLANK HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Power, Strength

<https://dancer-fitness.com/exercise/plank-high-five/>

SQUAT HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Strength

<https://dancer-fitness.com/exercise/squat-high-five/>

PARTNER SUPER MAN

LEVEL: Beginner

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

<https://dancer-fitness.com/exercise/partner-super-man/>

PARTNER SQUAT AND ROTATE

LEVEL: Beginner

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

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

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 PISTOL SQUAT

LEVEL: Intermediate

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

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

PARTNER REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Partners, Strength

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

PARTNER LEG THROW

LEVEL: Intermediate

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

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