



# PLAN DETAILS

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## PARTNER DRILLS

**CATEGORIES:** Not Categorized

**LEVEL:** Intermediate

**EXERCISE COUNT:** 6

**URL:** <https://dancer-fitness.com/plan/partner-drills-2/>

Partnered endurance and strength

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### PLANK AND HOP

**LEVEL:** Intermediate

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

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

### PARTNER WALL SIT/ HIGH KNEES

**LEVEL:** Intermediate

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

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

### PARTNER WALL SIT / PLANK

**LEVEL:** Advanced

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

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

### PARTNER OVER UNDER

**LEVEL:** Intermediate

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

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

### PARTNER SPLIT SQUAT

**LEVEL:** Advanced

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

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

## BURPEE TUCK JUMP

**LEVEL:** Intermediate

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

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