

#5

CATEGORIES: Partners, Warm Up

LEVEL: Advanced

EXERCISE COUNT: 6

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

PARTNER LUNGE AND BOAT

LEVEL: Intermediate

CATEGORY: Balance, Partners, Strength

<https://dancer-fitness.com/exercise/partner-lunge-and-boat/>

PARTNER LUNGE HIGH KNEE

LEVEL: Intermediate

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

<https://dancer-fitness.com/exercise/partner-lunge-high-knee/>

PARTNER SQUAT HIP THRUST

LEVEL: Advanced

CATEGORY: Partners, Power, Strength

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

POWER JACK

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

<https://dancer-fitness.com/exercise/power-jack/>

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 SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Power, Strength

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