

PARTNER

CATEGORIES: Balance, Strength

LEVEL: Intermediate

EXERCISE COUNT: 2

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

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/>