
PARTNER EXERCISES

CATEGORIES: Partners

LEVEL: Intermediate

EXERCISE COUNT: 11

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

PARTNER LEG THROW

LEVEL: Intermediate

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

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

PARTNER REVERSE CRUNCH

LEVEL: Intermediate

CATEGORY: Partners, Strength

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

PARTNER LUNGE AND BOAT

LEVEL: Intermediate

CATEGORY: Balance, Partners, Strength

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

PARTNER SQUAT AND PUSH UP

LEVEL: Intermediate

CATEGORY: Balance, Endurance, Partners, Strength

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

PARTNER LUNGE HIGH KNEE

LEVEL: Intermediate

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

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

SQUAT HIGH FIVE

LEVEL: Beginner

CATEGORY: Partners, Strength

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

ADVANCED SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Strength

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

PARTNER SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Power, Strength

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

PARTNER OVER UNDER

LEVEL: Intermediate

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

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

PARTNER SQUAT AND ROTATE

LEVEL: Beginner

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

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

PLANK AND HOP

LEVEL: Intermediate

CATEGORY: Endurance, Partners, Power, Strength

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