
LEAPS

CATEGORIES: Not Categorized

LEVEL: Advanced

EXERCISE COUNT: 9

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

PARTNER LEG PRESS

LEVEL: Advanced

CATEGORY: Partners, Power, Strength

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

PARTNER SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Power, Strength

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

PARTNER PLANK AND SQUAT

LEVEL: Advanced

CATEGORY: Partners, Power, Strength

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

PARTNER WALL SIT / PLANK

LEVEL: Advanced

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

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

ADVANCED SHOULDER PRESS

LEVEL: Advanced

CATEGORY: Partners, Strength

<https://dancer-fitness.com/exercise/advanced-shoulder-press/>

PARTNER PIKE PLANK ADVANCED

LEVEL: Advanced

CATEGORY: Partners, Strength, Warm Up

<https://dancer-fitness.com/exercise/partner-pike-plank-advanced/>

PARTNER ROW

LEVEL: Advanced

CATEGORY: Partners, Strength

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

PARTNER SQUAT HIP THRUST

LEVEL: Advanced

CATEGORY: Partners, Power, Strength

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

PARTNER PISTOL SQUAT

LEVEL: Intermediate

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

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