

PARTNER WORKOUT

CATEGORIES: Partners, Strength

LEVEL: Beginner

EXERCISE COUNT: 6

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

Welcome the new year! Enjoy some giggles with these fun partner exercises! Each Partner does each exercise for 40 seconds, then switch!

- Partner Leg Throw
- Partner Reverse Crunch
- Advanced Split Squat
- Partner Super Man
- Partner Squat Hip Thrust
- Partner Wall Sit Core Workout

Full Body

Team Work

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/>

ADVANCED SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Strength

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

PARTNER SUPER MAN

LEVEL: Beginner

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

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

PARTNER SQUAT HIP THRUST

LEVEL: Advanced

CATEGORY: Partners, Power, Strength

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

PARTNER WALL SIT CORE WORKOUT

LEVEL: Intermediate

CATEGORY: Partners, Strength, Warm Up

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