

PARTNER FUN!

CATEGORIES: Endurance, Partners, Power, Strength, Warm Up

LEVEL: Beginner

EXERCISE COUNT: 6

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

Are your summer practices starting soon? Try these partner exercises to improve your dancer's strength and begin team bonding. Simplify by having each partner do each exercise for 30 seconds. Partner Wall Sit Core Partner Wall Sit High Knees Partner Wall Sit Plank Partner Ball Toss and Deadlift Partner Super Man Partner Split Squat

Full Body

PARTNER WALL SIT CORE WORKOUT

LEVEL: Intermediate

CATEGORY: Partners, Strength, Warm Up

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

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 WALL SIT / PLANK

LEVEL: Advanced

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

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

PARTNER BALL TOSS

LEVEL: Beginner

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

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

PARTNER SUPER MAN

LEVEL: Beginner

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

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

PARTNER SPLIT SQUAT

LEVEL: Advanced

CATEGORY: Balance, Partners, Power, Strength

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