



INSTRUCTIONS

PARTNER WALL SIT/ HIGH KNEES

CATEGORIES: Endurance, Partners, Power, Strength, Warm Up **LEVEL:** Intermediate

URL: <https://dancer-fitness.com/exercise/partner-wall-sit-high-knees>

Ankles

Full Body

Glutes

Hamstrings

Hip Flexors

Jumps and Leaps

Kicks

Leaps

Quadriceps



Steps::

- [P1] Holds wall sit with arms extended outwards. Make sure to keep core engaged and back flat along the wall.
- [P2] Completes quick high knees aiming to reach P1's hands.

Repetitions and Modifications:

- Repeat 12-20 times
- Switch Partners after 30 seconds