



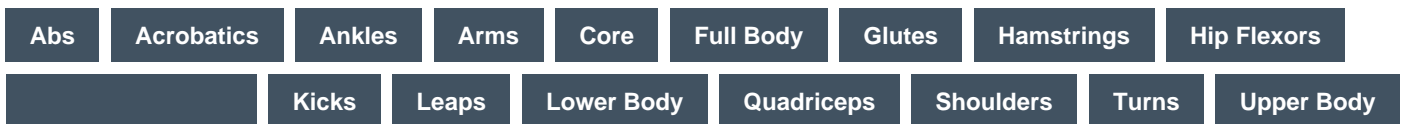
INSTRUCTIONS

PARTNER SPLIT SQUAT

CATEGORIES: Balance, Partners, Power, Strength

LEVEL: Advanced

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



Steps::

- P1: Begins in a plank
- P2: Begins balancing on one leg with the other resting on the back of P1.
- P2: Slowly lowers down into a lunge, pressing the back knee back toward their partner
- Keeping the heel of the front foot on the floor, P2 presses back up to standing.

Repetitions and Modifications:

Repeat 8 times on each leg and then switch partners.

[–] Partner who is lunging does so on the floor instead of back of partner.