

AcroYoga Partner Conditioning

Please mix, match, adapt & improvise as inspired

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1 : Standing Push-offs:

- Stand facing away from one another, extend arms straight out in front, connect finger tips to your partners finger tips.
- Keep your bodies in a rigid plank-like position as you lean in together, bend only the arms, lean together to one side, and push-off firmly, rebounding back onto your own weight.
- Repeat on other side.

10x — works core tension, push-up, and partner counter balance,

2 : Wobbly Knee Push-ups

Base: lay on back, knees bent and width equal to Actor's shoulder width,

Actor: measure knee width of Base, correct if necessary, place hands firmly on knees, walk back to a core-engaged plank body, start doing push-ups

Base: chat, encourage, and count...

Actor: does 10 reps or personal max, and hollas "last three!"

Base: starts to intentionally wobble knees, not to shake them off, but just enough to challenge them.

10x, plus last 3 — works push-ups, core, and commitment/partner communication

3 : Guard / Hugging Sit-ups

Three versions... all start with a hug. :)

a. seated:

- wrap legs around one another into *baddhakonasana*,
- hug, make sure feet are separated enough behind you to enable partner to lay fully back.
- lay back in sync.
- both partners perform a simultaneous curl-up, crossing to sides, alternating sides each time.
- **bonus:** roll up through center and do a high five/ten

b. standing:

Base: with bent knees and legs together, creating a small platform for the hugger.

Hugger: feet hooked around the base's back, ankles crossed, cross arms and roll down, alternate sides as you roll up and down,

Base: keep hands available for extra support if needed

c. standing (alternate):

- same as above, except **Base** has straight legs

10x each version as appropriate — works the core of hugger, the legs of both, & builds partner trust

4 : Knee Dips

Base: lay on back, knees bent and equal to Dipper's shoulder width,

Dipper: measure base's knees,
face away from base,
place hands firmly on base's knees,
walk back to a core-engaged plank body,
start doing dips

Base: chat and count,

Dipper: does 10 reps, or personal max

10x — works the core, and the arms, triceps

5 : Throw the Legs

- Base:** stands stable and strong, and throws the legs of the Actor,
- Actor:** lays down with head between standing person's feet, holds on to Base's ankles, lifts the legs and keeps them tight together aligned vertical, directly above the hips.
- Base:** starts to first slowly toss the legs side to side, then forward towards ground, increasing intensity as appropriate.
- Actor:** tries with all muscles to keep tight and vertical, resisting base's throw
- Actor Alt:** > *option for the super-strong* :) allows base to throw feet, maintains legs tight & straight, mildly loosens hips, and powers back to true vertical as rapidly as possible in response to each push.

10-15x — works the core, and partner sensitivity /strength

6 : Pull-ups

Yippee!!

- Base:** stands solid with a wide squat stance, (a.k.a. goddess pose) feet approximately by Actor's waist
- Actor:** lays on back, extends arms upward attaches to base: wrist to wrist looking at the back of their hands, begin to do pull-ups, elbows to ribs, maintains tight plank body the whole time
- Base:** stands strong, arms straight at full extension, pulls shoulders slightly back for protection, leans back as needed to counterbalance Actor's pull-ups

10x — works core, and arms shoulders back, partner coordination

7 : Stand-Ups

- Actor:** lays down with bent knees
- Base:** stands firmly on their feet
- Actor:** on exhale,
explosively rolls up to full standing,
finds balance point and stabilizes, and
rolls back down with control.
- Base:** secures feet, stays balanced, and
assists with arms and leaning back if needed.

10x — core, partner trust and coordination

8 : Body Climbs

- Base:** stands in goddess pose, wide legs, bent knees, spine straight
arms extended wide to the side, *root down!*
- Climber:** climbs up on base, removing feet from ground,
and climbs a full circular path around the base,
side-to-side and/or up-and-down around;
moves slowly to allow base to maintain dynamic stability.
- Base:** subtly adjusts balance to remain super stable, assists as needed

2x — works full body and partner cooperation

9 : Warrior 3 Squats

- come hands to hands, using one another as a wall... *find equal balance in the pose.*
- both press one leg up into a flat-back *virabhadrasana III* (Warrior 3)
- each person extends the leg on the same side,
- once balance is achieved, inhale together, and perform synchronized squats.
- switch legs, and repeat.
- repeat entire sequence, but this time come *foot to foot*, using foot as the wall.
- again, find balance, then perform squats

10x — works legs, core, and partnership

10 : Standing & Full Plank High Five Diagonals

- stand facing your partner, extending arms for proper distance
- find strong engaged standing plank body.
- Lean in, giving each other a diagonal high five, while keeping body strong and supported.

10x — works full body and muscle memory to make full plank more fun!

11 : Full Plank

- Come in to full plank on floor, facing your partner
- bone stack shoulders over elbows/wrists,
- look up into your partner's eyes
- body long and engaged from center, core strong, head in line with spine, same as your tall standing posture
- in sync, give each other diagonal high fives while stabilizing body, changing only shoulder rotation, maintaining body tightness to keep pelvis level.

10x — super tightness drill

have fun! :)

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