



Partner Balances

These partner balances require balance and strength. Study the diagram and see where one person connects with the other. Take turns to be the supporter or balancer.

Ask another person to take a picture of you on their mobile phone so you can compare your balances with those in the diagram.

Safety considerations

Make sure you have plenty of free space around you.

If you and your partner are different in size/weight, always have the heaviest person as the supporter/base.

Be safe, be sensible and have fun.