

Partner Workouts!

What better way to workout then with your partner/friend/family?! Its been proven that having a workout buddy increases your competitive spirit which results in a better workout and more results!

Try this workout anywhere, at home or down at the beach.



Partner push ups:

Start in the push up position with both of you facing each other. Start at the same time and go down into your push down and make sure you synchronize on your way up and then opposite hands give each other a high 5! Repeat 10-15 times.



Squat Jumps with a high 5:

Face each other. Squat down and jump as high as you can and give each other a high 5 at the top. Repeat 10-15 times.



Sit up and clap:

Start sitting down, facing each other and lock feet. At the same time lean backwards and then as you come up give each other a high 10. Repeat 10-15 times.



Plank with shoulder touch:

Plank with your hands directly underneath your shoulders and feet about hip distance apart. Make sure your heads aren't going to whack into each other! At the same time lift your right arms and touch each others shoulder in front. You really need to make sure your keeping your back strong and steady to get the most benefit from this exercise.



Run/Dips:

One partner will do sprints between 2 spots while the other partner does 45 seconds of dips. Make sure someone is keeping time!



Step ups/Side Plank

One partner does step ups x 15 on the right leg while other does side plank. As soon as they finish the 15 change to the other side and the planker will change sides

Remember to keep pushing as hard as you can throughout and then repeat the circuit 3 more times.