

Partner Workout

Full Body Workout to complete with a partner.

Perform each exercise for 1 minute (The exercises in blue will be done at the same time and the rest you will need to switch places)

Workout

1. Plank - Bunny Hops Over
2. Front Support with High Fives
3. Dish Hold - Jumps Over Side to Side
4. Nordic Dips (holding feet)
5. Back Support Hold - Leg Extension Under & Above Partner
6. V-Sit Circles (30 seconds each direction)
7. Feet Raised Push Up - Wall Sit
8. Dish Leg Circles (30 seconds each way)
9. Back Raises - Narrow Push Ups (Hands on Soles of partners feet)
10. Leg Raises in Random Directions (Partner pushes legs in random directions, don't let feet touch the floor)

* Bonus Exercise - 1 Minute Partner Supported Handstand Hold