

PARTNER WORKOUT

Try these fun spins on the standard exercises with your workout partner.
Complete 3-5 rounds for a full body workout.

Plank High Five

Give each other a high five for 45-seconds in plank pose.



Russian Twist

Complete 15 slow and controlled reps in each direction.



Wall Sit

Support each other in a back-to-back wall sit for 60 seconds.



Lunge Rotation

Weighted rotations in a lunge position. Finish 10 complete twists each direction.



Ball Sit Up

Full sit ups with a ball transfer. Complete 20 reps per person.



Wheel Barrow

Walk across the floor and back for 1-minute per partner.



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