

Team up with a workout buddy and complete this full body partner workout! Perform each exercise for 40 seconds. Move quickly from one exercise to the next, completing 3 total rounds of the workout.

**You will need:** a medicine ball, a stability ball, a resistance band and exercise mats.

## TRACK YOUR PROGRESS

Cross off each set as you go!

| EXERCISE                       | SET 1      | SET 2      | SET 3      |
|--------------------------------|------------|------------|------------|
| Crunch with Med Ball Toss      | 40 seconds | 40 seconds | 40 seconds |
| Plank High-fives               | 40 seconds | 40 seconds | 40 seconds |
| Squat with Resistance Band Row | 40 seconds | 40 seconds | 40 seconds |
| Stability Ball Hamstring Curls | 40 seconds | 40 seconds | 40 seconds |
| Medicine Ball Pushup Pass      | 40 seconds | 40 seconds | 40 seconds |

## Crunch with Medicine Ball Toss

Sit facing your partner with one person holding a medicine ball. Simultaneously lean back and perform a sit up. As you use your core to return back to a seated position, the partner with the ball should toss the ball to the other partner. Repeat continuously.



## Plank High-fives

Begin by positioning yourselves in high plank position with your hands directly under your shoulders and your feet slightly wider than hip width apart. Alternate high fiving your partner (opposite hands) while trying to keep your core tight and your hips straight down towards the ground. Repeat continuously.



## Squat with Resistance Band Row

Loop two resistance bands together and stand facing your partner. Make sure there is enough resistance on your bands. If you need more resistance, take a step back. Begin standing. Simultaneously, sit your hips back to lower down into a squat position with your weight back in your heels. As you lower down into your squat, row your elbows past your sides, squeezing your shoulder blades together. Slowly extend your arms back out as you return back to standing position. Repeat continuously.



## Stability Ball Hamstring Curls

With one stability ball between you, place your heels up on top of the stability ball. Bridge your hips up off the ground and in a slow, controlled manner, partner A will contract their hamstrings to pull their heels towards their butt, as partner B has their legs fully extended. Partner A will then slowly push their legs back out as partner B pulls their heels in towards their butt. Repeat continuously.



## Medicine Ball Pushup Pass

Start in a high plank position facing your partner with your hands directly under your shoulders and your feet slightly wider than shoulder width apart. With one hand up on top of the medicine ball, partner A will lower down into pushup position. Partner A will then push themselves back up to high plank position and roll the ball across to partner B. Partner B will then perform a pushup with one hand up on top of the medicine ball. Repeat continuously, alternating hands each time.

