

Partner Workout: 30-20-10



The 30-20-10 is a fantastic workout format for any experience level. The workout includes three sets total. In the first set, you will perform 30 reps of each exercise. In the second set, you will perform 20 reps of each exercise. In the third and final set, you will perform 10 reps of each exercise.

Before beginning, determine the weights you would like to use throughout the workout. Note that the repetitions decrease as the workout progresses. Ideally, you and your partner will be lifting heavier weights in the final set than in the first set.

You should rest minimally during this workout. You want to use weights that will moderately challenge you, building on top of your results as the sets progress.

TRACK YOUR PROGRESS

Cross off each set as you go!

EXERCISE	SET 1	SET 2	SET 3
Squat Press	30 reps	20 reps	10 reps
Cable Row	30 reps	20 reps	10 reps
Suitcase Carry	30 steps per side	20 steps per side	10 steps per side
Swings	30 reps	20 reps	10 reps
Mountain Climbers	30 per side	20 per side	10 per side