

Partner Mirror Workout On Stability Ball

Build strength and endurance and try to keep up with your partner in this SHORT partner workout. Use in the PRESEASON to build strength and endurance for those long bar sets! Stay on pace with your partner!

NOTE: Do one set of each exercise in a row, then REPEAT the whole set for a major burn! Add in your favorite extra exercises if you would like to!

You Need:

***Dumbbells, medium to light weight
Stability Balls***

Levels: All, modify for all levels by increasing or decreasing weight or repetitions between 20-30.

Video link

<https://youtu.be/0wRjGYGKh0Y>

- 1) Bicep Curls Wide and Narrow 20-30
- 2) Bent Over Laterals 20-30
- 3) Diamond Presses 20-30
- 4) Candle Stick Raises 20 -30