

Partner Challenge 2024

This is a FUN and challenging set of exercises you can do to add spice, balance and strength to your everyday workouts! Great for a “relax” day or even for more challenging conditioning! Some of these are pretty difficult so modify for lower levels if you need to!

You Need:

Stability Balls

Foam Blocks

Weighted Balls

Video link

<https://youtu.be/b5RrR3XphFY>

Level: All

Time: 15-20 minutes if you complete ONE set, 30 if you complete two!

Exercises:

- 1) Teeter Totters 20 each partner
- 2) Shrugs 20 each arm
- 3) V-UP “Leg splitter” challenge 1 minute
- 4) Block Toss (one hand) 20 each hand each partner
- 5) Situp Toss 30 total
- 6) V-Up Circles 25 each direction
- 7) Roll and Toss (prone) 20 each partner
- 8) Teeter Totter Rep eat 20 each partner
- 9) Leg presses 100 total
- 10) V-up Splitter (repeat) 1 minute
- 11) Bridge Ups 10
- 12) Full Situps 15