

COUPLE WORKOUT

WORKOUT PLAN

Beginner: 3x | Intermediate: 4x | Expert: 5x

Do each exercise twice per partner. Switch partners between each set.

WARM UP: Stretch your muscles for 5-10 minutes to get ready for the upcoming workout.

30 SECONDS FULL POWER

JUMPING PARTNER LUNGES

1



NO BREAK

30 SECONDS FULL POWER

THROWING LEG RAISES

2



NO BREAK

30 SECONDS FULL POWER

TUCK JUMP OVER PARTNER

3



30 SECONDS FULL POWER

PISTOLS WITH HELP

4



NO BREAK

30 SECONDS FULL POWER

WHEELBARROW

5



NO BREAK

30 SECONDS FULL POWER

PARTNER SIT-UPS WITH CLAP

6



COOL DOWN: Roll out your muscles with a fascia roll or stretch.