

1.

COUPLE HAND PLANK



How to

Start in a hand plank position side by side with your partner. Place your hands firmly on the floor shoulder width apart. Place one arm around your partner and hold for 30 seconds. Then, swap positions with your partner.

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2.

DOUBLE PUSH UP



How to

Person 1: Lay down flat with your back on the mat. Hold your partner's legs above their ankles and straighten your arms. Bend your arms as your partner bends theirs. Don't let your elbows touch the ground. Hold for a second and push your partner's legs back up, straightening your arms.

Person 2: Start in a high plank position, holding your partners legs above their ankles. Straighten your arms, pushing yourself up. Slowly bend your arms until your chest is close to your partner's legs. Hold for a second and straighten your arms, pushing yourself back up.

3.

RUSSIAN TWIST 360



How to

Person 1: Sit down back-to-back with your partner. Bend your knees and lift them slightly off the ground. Use a weight plate, kettlebell, dumbbell or a medicine ball and pass it to your partner turning to the side.

Person 2: Sit down back-to-back with your partner. Bend your knees and lift them slightly off the ground. When you receive the weight plate from your partner turn to the other side and hand it back to your partner.

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4.

KNEELING COUPLE PUSH UP



How to

Start the exercise on your knees, face-to-face with your partner. You should be around 1.5m from each other. Hold your hands and straighten your arms. Begin to bend your elbows and lowering your arms until your arms form roughly a 90°

5.

COUPLE SQUAT



How to

Start by standing back-to-back with your partner. Together begin to bend your knees while waking your feet away from each other. Continue until your knees and legs are forming a 90° angle. Slowly, return to the starting position.

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6.

COUPLE FRONT SQUAT



How to

Stand face-to-face with your partner. Grab their left hand with your right hand. Begin to bend your knees until your legs form a 90° angle with your tights. Hold for a second and straighten your legs. Swap hands and repeat.