



WARM UP FOR 5 TO 10 MINUTES WITH SOME LIGHT MOVES. (LEG SWINGS, ANKLE ROTATIONS, BODYWEIGHT SQUATS, INCHWORMS...) NOW HAVE FUN!



Mountain Jackers

Partner 1 does 10 Jumping Jacks while Partner 2 does Mountain Climbers. Then switch! Repeat 2 or 3 times, depending on how hard you want to go!



Wall Sit Push-up Combo

Partner 1 holds a wall sit (or does body weight squats) while partner 2 does 10 push-ups, then switch!

Modify with knee push-ups or make it harder by increasing the number of push-ups!



Pillow Toss Sit Ups

Sit facing each other a few feet apart. One person holds the pillow over their head. Both partners do simultaneous sit ups, tossing the pillow back and forth to each other.



Partner Hand Slap Hovers

Get into the hover position (Body parallel to floor, wrists under shoulders), facing each other. High five - keeping core strong!!



Glute Raises

Both partners lie down, bent at knees, knees over hips, soles of sneakers touching. Together keep feet together while raising hips up off ground. Continue for 20 reps!

**HAVE A HAPPY & HEALTHY
VALENTINE'S DAY!**