



# PROJECT: GET IT DONE TOGETHER

## Partner Yoga Workout

Fitness is always more fun when you have someone to workout with! Grab a partner and push through these exercises while motivating each other along the way!

**Equipment Required:** ball

Complete each exercise 30 seconds each, 2-3 rounds.

- 1. Partner Planks:** One person gets in plank position, the other one jumps back and forth over their feet, then switch.
- 2. Wheelbarrow Push Up:** Partner one hold partner 2's legs while partner 2 does push-ups, then switch.
- 3. Ball Squats:** One person squats and throws ball, the other catches the ball and lands in a squat.
- 4. Partner Ball Sit-Up:** Lay on back, feet touching, both people lift into a sit-up position, one person passes ball to the other back and forth.
- 5. Ball Squat with Rotation:** Stand back to back in a squat position. Rotate your torso to pass ball to other person who rotates to catch it and passes back on the other side.