



Partners Area

Workout 1

You will need the following:

Foam Blocks

Small Weighted Balls or Medicine Balls

Name	Reps/Minutes
Partner Shuffle Toss	20
Partner Sit-up Exchange With Dowel or Foam Block	20
Partner Butt to Ankle Pop Squats	10 each athlete
Partner Ball Toss and Squat	20 total
Partner Back To Back Ball Give	20 each way
Partner Ball Roll and Toss	20 rolls
Oblique Partner Pass with Ball	20 total