



# Partners Area

## Workout 2

You will need the following:

- Foam Blocks
- Long bands
- Weighted Balls
- Panel Mats (6-8)
- Bosu Balls (4, optional)

Name	Reps/Minutes
Arms Partner Band Pull	15 each side
Partner Blocking Rolls	20
Arms Overhead Ball Handoff	15
Partner Panel Speed Contest	4 passes race
Partner Block 4 Square Toss (Bosu Optional)	12 tosses
Body Sit up with Block Toss	30