

Valentines Day Partner Workout



This amazing partner workout can be done anytime of year to help strengthen body tension, isolation core and balance! Very challenging and fun as well!

You Will Need:

- Large Stability Balls
- Pilates rings or Hula hoops
- Sliders
- Bosu Ball
- Kettle Bells
- Bean Bags
- Long thick Bands

Name	Reps
Queen of Hearts with a Courtsie	20 each side
Courtsie Slide Lunges (Queen of Hearts)	20 each side
Hard to Get	4 passes
Bear Hugs on Stability Ball	30
I got your back static	hold 1 minute
I got your Back Squats	30
Opposites Attract	hold 1 minute
Bear Hug Squeeze in Hollow	hold 1 minute
Standing Bear Hug Squeeze	hold 1 minute
Cross Your Heart Lower Body	20
Cross your heart upper Body	30
Ring Exchange	10
Pushovers	10