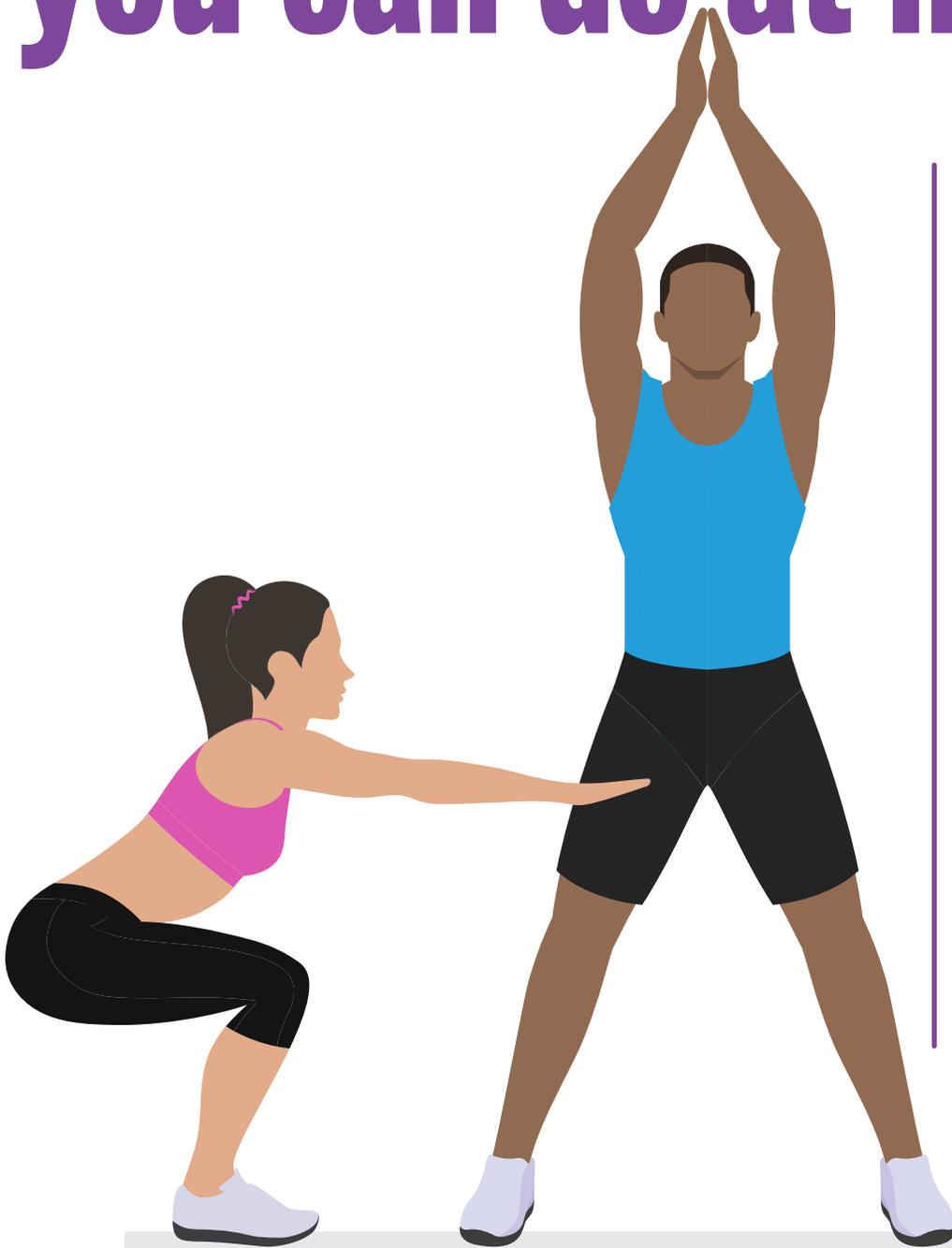


Six partner workouts you can do at home



Exercising with a person living in your home (or virtually with a friend), helps you stay motivated and beats boredom.

You can get a great workout with your partner — or on your own — at home, using your own bodyweight. Any of these workouts can be changed to your fitness level. Decrease the number of reps or time, as needed.

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1 Off to the races

Keep track of how many rounds you do in 20 minutes, with the goal of improving over time.

Partner 1

Brisk walk or sprint down the block and back. You can also run in place until your partner is ready to switch places.



Partner 2

10 sit-ups
10 lunges (each leg)



Switch with your partner and repeat for 20 minutes

2 Abs on fire

Keep track of how many rounds you do in 15 minutes, with the goal of improving over time.

Partner 1

10 burpees



Partner 2

Hold a plank for 20 seconds, rest for 10 seconds, repeat until partner is done with burpees.



Switch with your partner and repeat for 15 minutes

3 Get up off that thing

Do three rounds together with two-minute rests in between rounds.

Do together

1 10 burpees



3 30 sit-ups



4 40 squats



2 20 pushups



5 50 mountain climbers (total)



4 Deck of cards workout

The suit tells you which exercise to do, and the number on the card tells you how many reps.

Spades

Push-ups



Hearts

Squats



Face cards

30-seconds of jumping jacks, jump rope or running in place.



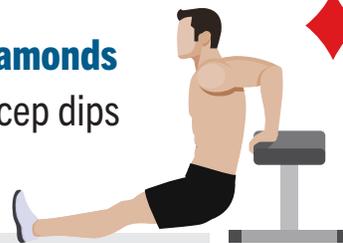
Clubs

Sit-ups



Diamonds

Tricep dips



5 Burpee challenge

Partners take turns

doing 10 burpees while the other rests, until you each do 100.



6 The plank sandwich

Do these exercise together or compete for the fastest time.



1 800 meter walk, jog or run (½ mile) or walk/jog in place for 5-10 minutes



3 20-second side plank, 10-second rest

4 20-second side plank (other side), 10-second rest



5 20-second up down plank, 10-second rest



2 20-second plank, 10-second rest

6 800 meter walk, bike, jog or run (½ mile) or walk/jog in place for 5-10 minutes

