

Partner Workout

PARTNER WORKOUT WITH TUBING

Equipment: Light, medium and/or heavy tubing

Warm-up: Tubing is versatile. The tension for all exercises can be increased with heavier tubing and greater distance between the partners. The exercises can be done once or twice as a great warm-up for your workout.

1. SQUAT AND ROW

15-20 REPS.

Begin facing your partner with the tubing looped. Stand with feet parallel and shoulder width apart with arms out and palms facing down. Perform a squat with a simultaneous row keeping the chest up, shoulders down and abs tight. Rotate the palms up as you perform the row.



2. CHEST PRESS

15-20 REPS/LEG

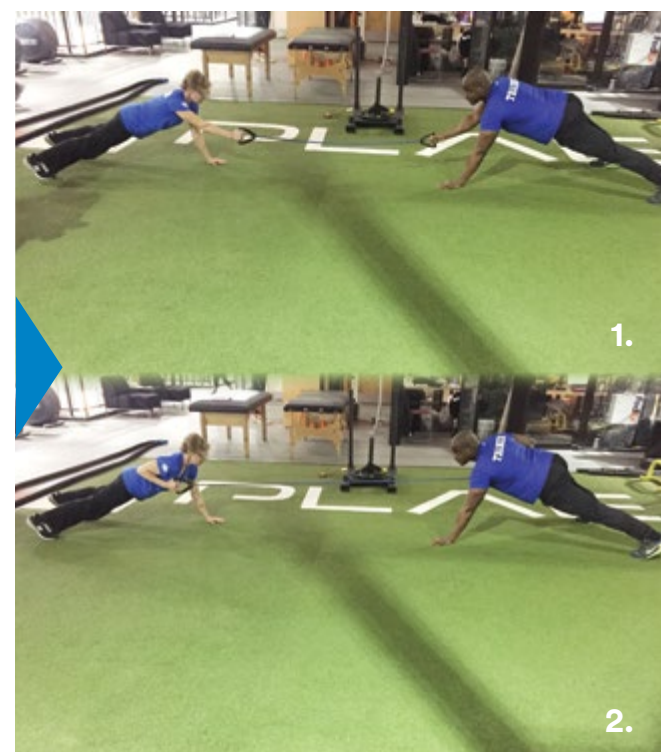
Face back-to-back with your partner, in a high lunge position and with elbows out and slightly below your shoulders. Press tubing forward keeping your hands slightly wider than your shoulders. Feel the stretch through your calf and ankle in the rear leg.



3. SUPERMAN SINGLE-ARM ROW

15-20 REPS/ARM

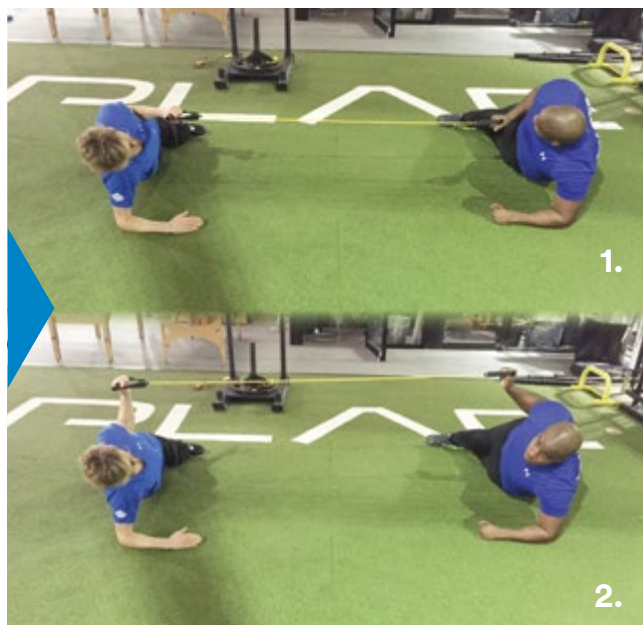
Perform with one tubing band, each partner holding one handle. Begin facing partner in a one-armed push-up plank position with legs wide. Row the tubing back simultaneously while keeping a good push-up plank.



4. SIDE PLANK WITH EXTERNAL ROTATION

15-20 REPS/SIDE

Perform with one tubing band. Face your partner in a side forearm plank with your supporting elbow on the ground directly under the shoulder and the free elbow at the waist parallel to the floor holding one handle of the tubing. Keep your elbow at your side and rotate the arm up to a 90 degree angle then back to the starting position.



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