

# Partner Workout Challenge

Let's get moving together!

These fitness workouts are mainly for the 4<sup>th</sup> and 5<sup>th</sup> graders, but everyone is welcome to try the workout. Please modify the workout to tailor you and your child's fitness levels. Discuss the workout plan with your child, then put some music on and enjoy working together! Stay safe and drink water!!



**Partner Leg Raises:** Person 1 lays down on the floor on your back with his/her head close to the feet of Person 2 (who is standing over him/her). Person 1 grabs the ankles of Person 2 and contracts their abs to bring his/her feet up towards Person 2's shoulders. Person 2 "catches" Person 1's feet and then gently pushes them forward towards the floor. Person 1 has to catch his/her feet before they hit the ground. That's 1 rep. Perform 10-15 and then switch positions.



**Back-to-back ball passes:** Grab a ball and stand back-to-back, Person 1 holding a ball. Person 1 rotates right and passes the ball to Person 2 (who has rotated left). Person 2 takes the ball and rotates all the way to the right and passes the ball back to Person 1 (who has rotated left). That's one. Perform 10 reps and then switch directions.



**High-Five Up Down:** Start head-to-head in a plank position on your hands, about one foot apart. Simultaneously lower onto your left forearm and then the right, then back up to your left hand and then right hand (your partner will do the reverse). Give each other a high five (your right hand to their left hand) and then reverse the series of moves, starting with your right forearm hitting the mat, and finishing with a high-five with the other hand. Perform 10 reps.



**Alternating Ball Lunges:** Stand facing each other about 5 feet apart. Person 1 has a ball. Person 1 lunges forward with the right foot while Person 2 simultaneously lunges forward with the right foot. Person 1 passes the ball to Person 2 while down in the lunge and then return to the starting position. Repeat the lunge on the right leg again with Person 2 passing the ball back to Person 1. That's one rep. Repeat 10 times on the right leg and then switch for 10 on the left leg.



**Push-Up High Five:** Get down into a push up position (either full on toes or modified on knees) facing each other with about a foot between you. Do a push up. When you return to the starting position give each other a high five with your right hands. Do another push up and give each other another high five, this time with the left hands. Perform 10 push-ups.