

Partner Play

Developed and presented by Melissa Weigelt, MS, Flow Fitness Training

Partners can work together to motivate and coach each other to reach their fitness goals. This workshop will review unique and creative partner exercises that focus on strength, agility and cardio training and everything in between! Get the most out of your participants by encouraging teamwork and camaraderie!

Benefits of Partner Training:

Opportunity for social connections

Enhanced motivation and increased exercise adherence

Healthy competition or collaboration

Ability to offer additional variations of familiar exercises

Accessible to all everyone

Drill-based exercises without fancy choreography

Can target various fitness categories – metabolic, conditioning, core, mobility

Great for large group, small group, or a pair

Additional Considerations:

Select exercises and protocols according to workout goals.

Layer on progressions to offer success for each participant.

Be aware of differing ability and strength of partners and plan accordingly

Be mindful of personal space.

Thoroughly explain each protocol in advance.

Offer as a full workout session or as a “plug and play”.

Types of partner exercises:

Traditional partner exercises

Assist or resist

Partners work in tandem

Do exercises at the same time.

Partners alternate between 2 stations

Partner 1 does one exercise, partner 2 does another exercise, then switch.

Partners work together to complete a task

Flexibility to decide how to “get it done”
One partner rests while the other works
Encourages teamwork

Partners coach each other

Coach during recovery
Use for cardio intervals

PRACTICAL APPLICATION

WARM-UP

Partner Ladder

Both partners do each exercise in tandem for 2 rep each, 4 reps, 6 reps, etc. Cap at 5 minutes.

Squats

Jumping Jacks

Plank Shoulder Taps

Push-Ups

Alternating Low Lunge

Mountain Climbers

Block 1 – Ladder Up

Focus – Cardio/Core/Strength

Equipment - None

Time – 5 Minute Cap

Both partners begin in plank position

In tandem - Lower to floor, log roll, push-up to plank position

Partner 1– Jump to standing position, do 1 Jack while partner 2 holds plank; then switch

Repeat, increasing the number of repetitions (of jacks) by 1 each cycle

Block 2 – EMOM Madness

Focus – Cardio/Core/Strength

Equipment - Dumbbells

Time – 6 Minutes

All exercises are completed within a minute, any time remaining is rest
Partner 1 holds elbow plank
Partner 2 – 6 Clean and Press, 6 Front Rack lunges
When partner 2 finishes, both rest until the next minute begins, then switch
Repeat for 6 cycles

Block 3 – Teamwork!

Focus – Cardio/Core

Equipment – Medicine Balls and Gliding Discs

Time – 7 Minute Cap

Exercises are completed for time. Partners can spit up work however they want, one person working at a time.
When complete, hold elbow plank until entire group is finished.

40 Disc Lat Press
50 Medicine Ball Squat thrusts
60 Medicine Ball Thrusters
70 Disc Plank Knee Tucks
80 Medicine Ball Skaters

Block 4 – Cardio and Coach

Focus – Cardio (HIIT Intervals – 1:1)

Equipment – None

Time – 6 Minutes

Partners coach each other. Partner 1 coaches partner 2 for 1 minute, then switch.
Repeat for 6 cycles.

Squat Jump in Place – Coach calls out R, L or plank.

Block 5 – Ladder Down

Focus – Strength/Cardio

Equipment - None

Time – 7 Minute Cap

Start standing, facing partner

In tandem – 10 Squats

Partner 1 – 8 Burpees, Partner 2 – Rest

In tandem – 10 Squats

Partner 2 – 8 Burpees, Partner 1 rest

Repeat reducing number of reps (burpees only) until completing 1 rep of each.

Block 6 – Partner Pyramid

Focus – Strength/Core

Equipment – Dumbbells and Gliding Discs

Time – 6 Minutes

Partners work in at the same time, alternating between two exercises. Begin with 20 seconds each exercise, then 40, then 60 seconds, then reduce back down to 20 seconds.

Exercise 1 – Quadruped Row

Exercise 2 – Disc Plyo Jack

Cool Down and Stretch