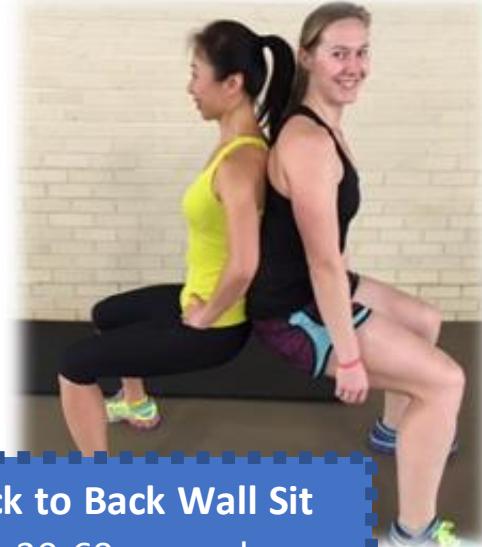


National Employee Health & Fitness Month Workout of the Week!

THE PARTNER WORKOUT

Grab a friend and complete the following exercises together! Complete each exercise in no particular order and repeat for 2-3 sets.

Please check with your physician before participating in exercise.



Back to Back Wall Sit
x 30-60 seconds



Plank High Five
x 20 reps



Push-Up with Ankle Hops
x 30 seconds each



Sit-Up Med Ball Toss
x 20 reps



National Employee Health
& Fitness Month 2016

