

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

