

Fit Bit Friday 145

The Dream Team Workout

****Disclaimer: As is the case with all workouts posted on Eat Spin Run Repeat, please check with a medical professional before beginning any exercise program. I am not a certified personal trainer and all workouts found on my blog are based only on my own experience.****

Description: Head outside for this one - breathing fresh air is much more refreshing than recycled gym air! Warm up by walking or jogging to a park with at least 100m of open space, then start the circuit. There are 9 moves in total, which you should aim to do back to back. Since you'll be working with a partner, there are times when you'll get a bit of rest as that person works, and vice versa. Take a couple of minutes rest at the end of the 9 moves if needed, then repeat once or twice more for a total of 2-3 sets. Stretch out when you've finished, then walk or jog back home to shake all those muscles out and cool down. Oh, and if it's hot outside, don't forget to drink lots of water!

Sets	Exercise	Reps
	Warm-up- Walk or jog to a nearby park that has 100m of open space and a bench.	5 mins
	Jumping Jacks - nothing fancy, just the regular kind	30
	Wheelbarrow - Starting at one end of your space, partner A grabs the ankles of partner B, and partner B 'walks' with their hands for about 50m. Swap roles and have partner B 'walk' back while partner A holds their ankles.	2 mins
	Partner squats - Stand facing each other, within arm's reach. Partner A's right hand grabs partner B's right hand and both partners lower into a deep squat. As you return to standing, swap hands then quickly move into your next squat. Continue alternating hands until all reps are complete	20 total
	Alternating high-5 planks - Get down on the ground in low plank pose, facing each other. Each partner reaches their right hand forward to high-5 the other person, then quickly returns to the start position. Keep your hips square to the ground and core contracted, with as little lower body movement as possible. Continue alternating reaching hands.	20 total
2 to 3	Lying leg lifts with push-downs - Partner A lies on the ground on their back, grabbing partner B's ankles. Partner A lifts their legs up to reach partner B's hands, and partner B pushes A's legs down towards the ground, providing resistance. To mix it up, have partner B push A's legs down randomly - left side, right side, middle, etc. Partner A does 15 lifts, then switch.	15 each person
	Partner single-leg squats - Set up as you did for the partner squats, but this time grasp each other's forearms for extra stability. With both partners standing on their left leg, lower down until your left thigh is parallel to the ground. (Right knee can be bent, foot hovering just above the ground behind you.) Use your partner to help you keep your balance. Complete all reps on left before switching sides.	10 each leg
	Bench triceps dips with lifted feet - Partner A places hands on the edge of a park bench, heels on the ground as if ready to do triceps dips. Partner B grabs their ankles and holds them 1-2 feet above the ground while they complete their dips. Then switch roles.	10 per person
	Back-to-back wall sit - Stand back-to-back, then lower down as if sitting in a chair, using the other person's back as the back of the chair. Ensure you have a 90 degree angle at your knees, and that knees stay behind your toes. Hold while keeping core tight.	30-60s
	100m sprint - Your legs will be screaming after the wall sit, but finish the set with a 100m race against your partner.	100m
	Recover: Stretch the muscles you've worked, then walk or jog home!	

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