



How to - partner conditioning:



Front support Bunny hops:

- Partner 1 holds front support
- Partner 2 stands on one side of partner 1 with their hands on the top of partner 1's back
- Partner 2 then bunny hops side to side over partner 1

High 5 Burpees:

- Partner 1 & 2 stand opposite to each other
- Both partners perform a burpee at the same time – when jumping up, partners high 5

Straddle sit star jumps:

- Partner 1 sits on floor in straddle shape
- Partner 2 stands in the middle of partner 1's legs (facing them)
- Partner 1 then slides their legs in to sit in pike shape
- As they do so, partner 2 then has to jump their legs out into star shape
- Return to start shape & repeat

Sit up ball throws:

- Partner 1 & 2 sit facing each other in a tuck shape with one partner holding a ball (or anything you can find i.e. a cushion)
- Both partners perform a sit up & when at top the pass the ball/ object to the other
- Sit up again & repeat

Back to back squats:

- Partners stand back to back and link arms and lean into each other
- Both partners squat down at the same time & try to stand

Wheel-barrow walks:

- Partner 1 shows front support shape with legs apart
- Partner 2 stands between their legs – holding just above their knees, they lift partner 1's legs
- Both partners begin to walk

Leg lift push downs:

- Partner 1 lies on back with partner 2 stood by their head
- Partner 1 holds partner 2's ankles & lifts legs up towards partner 2
- Partner 2 gently pushes partner 1's legs back towards to floor - Partner 1 is not allowed to let their legs touch the floor
- Repeat

Front support chest press:

- Partner 1 lies on back
- Partner 2 does front support with their feet by partner 1's head
- Partner 1 lifts partner 2's feet up with straight arms & press' up & down

Piggy-back squats:

- Partner 1 gives partner 2 a piggy-back & squats up & down

Back to back v-sit ball pass:

- Sit back to back with partner with legs lifted (bent or straight)
- One partner starts with ball
- Both partners twist side to side passing the ball each time

Handstand holds:

- Partner 1 kicks to handstand
- Partner 2 stands at their side to catch their legs and gently balance them as they hold their shape

