

PARTNER BOOTCAMP WORKOUT

Warm-Up:
Walk & Run/Jog
10 minutes

40/10 = 40 seconds work
10 seconds rest

Timed Circuit (40/10):

Squat press
Push-ups
Deadlifts
Mountain Climbers
Clean & Press
Kettlebell Swing
Jump rope

Rest 1 minute ~ 3 rounds

Partner exercises:

Squat & med ball toss
Crunch & med ball toss
Back-to-Back med ball
twist
Ball punches (x2)

30/10 x 3 rounds

30/10 = 30 seconds work
10 seconds rest

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PARTNER BOOTCAMP

WORKOUT #2

Warm-Up:

Squats x 10
Plank delt taps x 10/
side
Knee push-ups

3 rounds

40/10 = 40 seconds work
10 seconds rest

Timed Circuit (40/10):

Banana rolls
Dumbbell burpees
Med ball slams
Rip stick side bends
Bosu burpees
Plank rows
Jump rope
Band walks

Rest 1 minute ~ 3 rounds

Partner exercises:

Plank + hand taps
Partner band pulls (x2)
Sit-up + high five

30/10 x 3 rounds

30/10 = 30 seconds work
10 seconds rest

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