

WORKOUT 3



Format: Partner workout
Duration: 7 mins

Complete as many rounds as possible

20 High Knees, both you and partner do at same time
10 Plank Pattie cakes, 10 Holding hand squats

- In teams of 2, complete 20 reps each of high knees at the same time.
- Then in the plank position facing each other clap each others opposite hands for 10 reps whilst still holding the plank.
- Then complete 10 reps of air squats holding hands together.

Plank

- Get in the pushup position, only put your forearms on the ground instead of your hands.
- Your elbows should line up directly underneath your shoulders. Toes on the ground.
- Squeeze your glutes and tighten your abdominals.
- Keep a neutral neck and spine.
- Create a straight, strong line from head to toes – a plank, if you will.
- Hold that position

To scale the plank simply ask the person to try it off their knees, rather than their toes

Squat

- Feet shoulder width
- Back straight
- Knees track toes
- Hips pass below knees
- Keep chest up
- Look straight ahead

