

In honor of National Heart Month and Valentine's Day, I found this "heart pumping partner workout" to try. **CAUTION:** This is NOT a workout: if new to exercise, have any injuries or joint issues nor for the faint of heart! Please check with your doctor first. Other than water, a towel and possible a mat, the only other thing you will need is a partner. Hopefully someone you like! ☺

# Heart Pumping Partner Workout

## Wheelbarrow Push Up / Wall Sit

One partner wall sits and holds feet of other partner for 10 push ups. Switch positions.

## Partner Leg Raises

One person stands, the other lays on back near partner's feet, grasping ankles. Legs are raised toward standing partner who then pushes legs downward. Repeat 10 times. Switch positions.

## Leapfrog Burpees

Take turns jumping over each other in down burpee position until each partner has burped 10 times.

## Dynamic Lunges

Face each other, holding hands. One partner lunges forward with right leg while other moves back on left leg. Do 20 lunges.

## Double-Decker Plank

Larger partner forearm planks while smaller partner straight-arm planks on top with feet on partner's shoulders, hands on ankles. Aim for 1 minute.



Repeat  
3X