**"Partner Up!”**

Alternate exercises with partner.

While one person is doing the cardio exercise, the other is doing the strength exercise.

**4-5 rounds:**

1. KB swings x 20 with Fit Ball Pushups (hands on floor, legs/feet on ball) x15

2. Bosu hop-overs x 20 with DB standing bent over rows x 15

3. TRX jump switch lunges x 30 with Seated Arnold Presses x 15

4. Bench hop-overs x 20 with DB flys x 15

5. TRX skate skiers x 30 with Pull-ups (assist with either negatives or with band) x10