



# Boost Your Fitness (and Fun) with Partner Workouts

Looking to reinvigorate your gym routine? Partner workouts offer a dynamic, fun way to stay motivated while building strength and coordination. Here are three quick exercises to try with a colleague or friend:

## Medicine Ball Squat Toss

Stand facing each other about three paces apart. One partner holds a medicine ball, performs a squat, and tosses the ball as they rise. The other catches it, performs their own squat, and repeats.

*Best for: Full-body strength, power, and coordination.*

## Plank High-Fives

Assume a plank position facing each other at arm's length. While maintaining your plank, lift one hand to give your partner a controlled high-five. Alternate hands while keeping hips steady and your core engaged.

*Best for: Full-body strength, power, and coordination.*

## Sit-Up Pass

Lie on your backs with knees bent and feet flat, facing each other. One partner starts with a medicine ball. Perform a sit-up together and pass the ball at the top. Lower and repeat, alternating the pass each rep.

*Best for: Core engagement and coordination.*

## Tips for Success:

- Communicate fitness goals and any limitations
- Warm up with light cardio and dynamic stretches
- Don't skip the cool-down—stretch to recover
- Vary your routine to stay motivated

Partner workouts strengthen more than just muscles—they boost motivation, connection, and results. So team up, get moving, and turn your fitness goals into shared wins.

**Fitness is better—together!**

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