

# Session #413 **Partner Workouts**

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## **Introduction**

In this workshop, experience partner training at it's best. This session will have participants teaming up and working out together in creative, challenging and effective ways. If you want to infuse your workouts with incredible energy, over-the-top intensity and a positive atmosphere, this is the session for you. Learn the ins and outs of partner training and then experience a workout that can be used for group fitness classes, personal training and small group training.

## **The Benefits**

- Creates an interactive environment that requires little to no equipment
- Partners tend to work harder
- Builds a community of exercisers and keeps everyone engaged throughout the session
- Broadens both the trainer and instructors repertoire of exercise ideas
- Trainers can get involved and act as the partner from time to time; which clients often enjoy
- From a personal training perspective, more clients = increased revenues

## **The Challenges**

- Some participants may be uncomfortable with the idea of working in partners
  - physical contact
  - in each other's personal space
- Partners may be of unequal skills and fitness levels
- Demonstrating exercises may be more difficult when not co-teaching
- Class management requires more preparation

## **Decreasing the Intimidation Factor**

- Use a piece of equipment to act as a buffer between partners
- Positioning of partners
  - i.e. side to side versus face to face
- Alternate between individual and partner work
- Always cover proper progression and regression principles
- Emphasize working 'together' in a coordinated effort
- Trainer or instructor can step in if one partner is too fatigued
- Mix up the format
  - Stations or circuits
  - Alternating cardio and strength
  - Working in tandem
  - New partners

## **Intro and Warm Up**

- Provide an overview of the class format
- Explain the goal of the workout and how partner work will be beneficial
- Partner up participants
  - Participants choose
  - Instructor chooses
  - Random selection
- Get any required equipment
- Ease into the workout – alternate between partner and individual exercises

## **Format Options:**

- Partner adds or acts as the resistance for an exercise
  - Resisted Push Ups

- Partners are engaged but doing different exercises
  - Partner A – Burpees, Partner B - Jumping Jacks
- Partners are both doing two exercises simultaneously
  - Partner A holding a plank. Partner B doing a push up on partner A's back
- Partners are working with a modality
  - Medicine ball passes
- Combination
  - Separate exercises, partner exercises, new partners

### Partner Considerations

- Create trust!
- Ensure a strong foundation
- Promote good communication
- Apply the correct pressure, resistance or support
- Avoid breaking the chain

### Speed Dating Partner Exercises

<b>BW Exercise:</b>	1. Squat to lift, touch R-L-C-L-R	2. Skiing – mtn climber position	3. Side lunge, arm reach chop	4. Crab dip, with reach over	5. Abs – ½ arc press	6. Push ups, kneeling off set
<b>Band/Partner:</b>	X-Country	UB Rotations	Row & Jump	Jabs to tempo	Shuffles	Hold, Jump Side

### Cardio Based Partner Exercises

1. Wide Leg Plank : Tire Runs
2. Partner Target : High Knee Runs
3. Long & High Jump : Shuffle Back
4. Continuous Push Ups : Leap Over
5. Down Dog : Crawl
6. Bridge (leg extended) : Squat jacks
7. Walk Out: Tap Ankles

### Strength Based Partner Exercises

1. One Leg Squat : Linking forearms
2. Supine Bridge : Triceps Dips
3. Lunges: R+R, L+L, release
4. Lower and Lift together squats
5. Up and Over Abs
6. Deep Iso Squat : Glut Lifts
7. Plank : Push Up
8. Hand Stand : Hold Feet
9. Back to Back Link: Lower and stand up
10. Plank: Rows
11. Curl Ups: Push Ups
12. Leg Press: Foot to Foot
13. Curl Ups: Lunge
14. Resisted Push Ups
15. Walk Outs and Reach
16. Snowboarder Dips and Stand
17. Side Plank – Rotate and Press
18. Resisted Hamstring Curls

### Stretching

- Facilitated
- Partner