

Friends in Motion

A 20-minute partner workout designed for advanced fitness levels. The workout is structured at a vigorous intensity and pace.

Warm Up

Time: 30 Seconds of each exercise repeat twice.

High Knees on the spot
Arm Circles
Bodyweight Squats

Tip: Start slow as you begin to warm up your muscles.



HIIT Circuit

Time: 40 Seconds of exercise
Move on to the next exercise and repeat this pattern.
Complete 4 rounds of all the exercises.

Tip: Switch quickly between each exercise with your partner.

Jump Squats / Bodyweight Squats

Jump Squat - Stand, feet shoulder-width. Squat down. Jump up explosively. Land softly, return to squat.

Tip: Land softly with knees slightly bent.

Bodyweight Squat - Stand feet shoulder-width, chest up. Push hips back, bend knees, lower down. Keep weight on heels, knees over toes. Rise back up and repeat.

Tip: Keep your chest lifted, weight in your heels, and knees tracking over your toe.



Mountain Climbers / High Plank with Shoulder Tap

High Plank with Shoulder Tap - Start in a high plank with hands under shoulders and body in a straight line. Brace your core and keep hips level. Lift one hand and tap the opposite shoulder. Place the hand back down and switch sides. Continue alternating taps with control.

Tip: focus on smooth, controlled knee drives rather than letting your form bounce or sag.



Mountain Climbers - Place your hands directly under your shoulders, arms straight, body in a straight line from head to heels, and core engaged. Drive right knee to chest, then switch. Alternate rapidly, keeping hips low and shoulders over hands.

Tip: Widen your feet slightly to help keep your hips from rocking side to side.

Alternating Jump Lunges / Push Ups

Alternating Jump Lunges - Start in a lunge. Jump straight up and switch legs. Land softly in a lunge. Repeat, alternating sides.

Tip: Land lightly and keep your chest tall.

Push Ups - Start in a plank with hands under shoulders. Lower your chest toward the floor, elbows bending back. Press through your hands to return to plank.

Tip: Keep your body in one straight line and brace your core.



Burpee Challenge

Time: 3 Minutes

Complete burpees together at the same time, if one slows down the other must speed up.

Tip: Keep your core tight and land softly to protect your joints and stay in control.

