



Partner workout: Players partner up one player will do exercise while the other player will jump rope for the duration of the time. Then players alternate.

2:00 min rounds

Exercise 1: Upright row w band

Exercise 2: walking lunges

Exercise 3: knees to elbows

Exercise 4: Plank up downs

Exercise 5: side to side jumps (speed skaters)

Exercise 6: Burpees

Exercise 7: Tricep/ bicep w bands

* partners do this together at the same time with one band.

This workout can be modified as needed, reduce time, change exercises, but try to keep an even ration of upper body, lower body and core.