 

Partner squats – Hold hands out in front Bend knees and lower body down

 Make sure your knees do not go beyond your toes

 Stand up and repeat 10 times

  

Partner calf raises – Hold hands out in front Raise your body up onto toes, hold, slowly

 lower back down. Repeat 10 times, do again

 after doing second set of squats.

 

Partner bicycles – Lie on back, place feet against your partners. Tighten stomach muscles, keeping

back flat on floor. Straighten one leg and bend the other and move your legs together back and forth

like you are pedaling a bike – making sure to keep your back flat on ground. Repeat this 10 times.

  

Start in sitting position with hands Slowly lean backwards keeping back straight

touching in front. Repeat 10 times.

 

Tick tock – Lie on back with legs straight Together, lower one leg down and out to side

and feet touching. Bring back to middle, lower other leg to other side

 Repeat 5 times to each side.

  

Sit with hands touching out in front Tighten stomach muscles, lean back, turn body

 and reach arms to side. Come back to middle,

 touch hands, then reach to other side.

 Repeat 5 times to each side.