



ENERGY BURN

Exercise Teamwork!

Get a partner and try these fun exercises!



1. *Stand-ups with a partner.* Sit on the floor back to back with your partner. Both of you, bend your knees and wrap your arms around your partner's arms at the elbow. Now, try to stand up together, pushing your backs together. This works best if you and your partner are close to the same size.
2. *Sit-ups with a partner.* Lie on your back on a carpet or a mat with your knees sticking up, your feet on the floor, and your hands clasped behind your head. Can you do a sit up. Have your partner hold your feet by the ankles to keep your feet on the floor. Does that make it easier? Switch around so that each of you gets a turn.