

POWER PARTNERS

#1

Plank
Hold
Jumps



POWER PARTNERS

#2

Squat with
Rotational
Pass



POWER PARTNERS

#3

Sit-up
Pass



**P
O
W
E
R

P
A
R
T
N
E
R
S**

#4

**Squat Jump
with Clap**



POWER PARTNERS

#5

**Lateral
Lunge with
throw**



**P
O
W
E
R

P
A
R
T
N
E
R
S**

#6

**Side Plank
with
Rotation and
Clap**



POWER PARTNERS

#7

Band
Jumps



POWER PARTNERS

#8

Reach and
Touch
Plank



**P
O
W
E
R

P
A
R
T
N
E
R
S**

#9

**Resistance
Band Chest
Press**



**P
O
W
E
R

P
A
R
T
N
E
R
S**

#10

**Wheelbarrow
Push-up
with Squat**

