

Valentines Day Workouts

C H E C K L I S T

- | | | | |
|--------------------------|---------------------------|--------------------------|---------------------------------|
| <input type="checkbox"/> | Medicine Ball Pass | <input type="checkbox"/> | Hand Towel Tug of War |
| <input type="checkbox"/> | Wall Squat | <input type="checkbox"/> | Ball Wall Squat |
| <input type="checkbox"/> | Partner Push-ups | <input type="checkbox"/> | Partner Sprint |
| <input type="checkbox"/> | Couple's Walkout Planks | <input type="checkbox"/> | Yoga Poses for Two |
| <input type="checkbox"/> | Piggyback Squat | <input type="checkbox"/> | Dance Break |
| <input type="checkbox"/> | Hula Hoops Duel | <input type="checkbox"/> | Jump Rope Challenge |
| <input type="checkbox"/> | Lunge and Pass | <input type="checkbox"/> | Leg Push Resistance |
| <input type="checkbox"/> | Synchronized Side Planks | <input type="checkbox"/> | Upper Back Stretch with a Twist |
| <input type="checkbox"/> | Smith Machine Combination | <input type="checkbox"/> | Cycling Together |
| <input type="checkbox"/> | Standing Stretch | <input type="checkbox"/> | Romantic Cool Down |

Notes: