

MOVE WITH A FRIEND

Mini workout

Welcome to the Healthier. Happier. mini workout, 'Move with a friend'. It's a great way to lower your Health & Fitness Age and have fun together!

If this is your first time doing one of these workouts, we recommend you check out the introductory video at www.healthier.qld.gov.au to get more information about the program along with some tips.

It is important that between each exercise, you recover appropriately. If you need to, rest for 30 seconds. If you are still quite fatigued from the previous movement then rest a little longer. As you get stronger you can reduce your recovery time. Recovery can also be active with things like walking, jogging, slow step ups or shoulder rolls.

You don't have to stress or push yourself to the limit to get the benefits of exercise. If at any time you feel pain or you feel unwell, stop what you're doing, or take it easier. If you feel really unwell – seek medical advice.

For some of these exercises there might be two ways to tackle it:

- An easy option.
- A harder option.

Oh, and everything is always easier and more fun when you do it with a friend.

Partner push ups

Easy option

- Position yourself on hands and knees on the ground, facing your partner.
- Both of you lower your body down toward ground, bending at your elbows, to complete a push up (on your knees).



- Keep your stomach muscles tight and do not let your lower back 'sag'.



- Push back up to the starting position, then lift your right hand and tap your partner on their left shoulder (while your partner does the same thing).



- Alternate hands to tap with each push up.
- Do this exercise for approximately one minute or as many repetitions as you feel comfortable doing.

To make this harder...

Try doing it on your toes instead of on your knees.

If you need to, rest for 30 seconds or do active recovery.

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Partner intervals

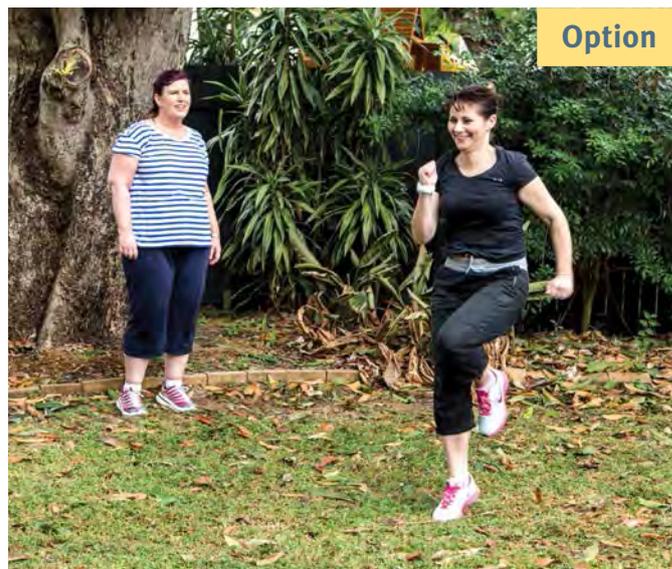
Easy option

- One person moves, while the other person rests.
- Choose a landmark and do high knees/skip/hop/jump/side-step and return back to your original position.
- Then change roles and repeat.
- When you've both done this, you can rest.



To make this harder...

Advance the difficulty of the active phase with a run, squat jumps or push ups.



If you need to, rest for 30 seconds or do active recovery.



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Partner squats

Easy option

- Stand facing your partner at arm's length, with feet slightly wider than hip-width apart, grasping each other's forearms.
- Moving in sync with one another, bend at the knees and hips to squat downwards.
- Stick your bottom out behind.
- Pause and then slowly return to the starting position.
- As you stand up tall again, push up through your heels, squeezing your bottom muscles as you do so.
- You should feel the muscles in your thighs and bottom working.
- Do this exercise for approximately one minute or as many repetitions as you feel comfortable doing.



- Your hips should always be higher than your knees.
- Make sure your knees don't protrude far forward.



To make this harder...

Complete a small jump at the end of each squat. One to two inches off the ground will do.



If you need to, rest for 30 seconds or do active recovery.

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Dynamic lunges

Easy option

- Stand facing your partner at arm's length, grasping each other's hands.
- Lunge forward with your right leg as your partner lunges backward with their left leg.
- Bend at both knees to lower down.
- Your back heel should be off the ground.
- Reverse the motion, lunging backward with the right leg as your partner lunges forward with the left.
- You should feel the muscles in your thighs and buttocks working.
- Swap and complete with the opposite leg.
- Do this exercise for approximately one minute or as many repetitions as you feel comfortable doing.



- Do not let your front knee pass forward over the foot of the same leg.



To make this harder...

Complete a small jump at the end of each lunge. One to two inches off the ground will do.



If you need to, rest for 30 seconds or do active recovery.

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Partner crunches

Easy option

- Lie on ground with your knees bent and feet toe-to-toe with your partner.
- Place your hands on your thighs.
- Raise your torso, sliding your hands so that your fingers reach toward your bent knees.
- Keep your chin tucked in.
- Lower back downward slowly.
- You should feel your abdominals working.
- Do this exercise for approximately one minute or for as many repetitions as you feel comfortable doing.



To make this harder...

Crunch upwards and give each other a double high five at the top.

If you feel your lower back working or straining too much then this exercise may be too advanced for you just yet.

Now you've both earned a break. Make sure you make time to get together to do it again another time. Working out with a friend is a great way to have fun and socialise while you exercise and to help keep you both motivated.



If you want to discover more ways to fit exercise into your life, check out www.healthier.qld.gov.au for more great mini workouts.