

FITNESS
fernwood[®]

BFF
Workouts



MORE *Powerful* TOGETHER

HOW A BFF CAN TRANSFORM YOUR WORKOUT

We totally get it. Working out alone can be really hard! Sometimes you just need that extra motivation, some healthy competition to get you over the line. That's where your BFF (Best Fernie Friend) comes in.

Working out with your BFF will help to keep you accountable, make your workouts feel quicker, push you to reach new PBs, plus allow you to do partner exercises all while spending valuable time with your pal!

Grab your buddies and try these partner workouts on the gym floor. Don't forget to chat to a PT to ensure these workouts are suitable for you.

Love your Fernwood Family xx

20-MINUTE LEG BURNER

**FEEL THOSE LEGS
FOR DAYS**

PARTNER A	PARTNER B
Goblet squat pulses	Single leg drive (use step, bench or box)
Duration: 45 seconds 15 second changeover and then switch exercises. Rest for 60 seconds.	
Wall sit	Lateral squats (use weighted ball or kettlebell)
Duration: 45 seconds 15 second changeover and then switch exercises. Rest for 60 seconds.	
Curtsey lunge	Mountain climbers
Duration: 45 seconds 15 second changeover and then switch exercises. Rest for 60 seconds.	
Banded crab walks	Calf raises
Duration: 45 seconds 15 second changeover and then switch exercises. Rest for 60 seconds.	



WATCH HOW TO DO THIS WORKOUT

Workout written by Anna Rogers,
Personal Trainer at Fernwood Browns Plains

TO THE CORE

NOT YOUR AVERAGE
CORE WORKOUT

Instructions

Start with 40-second rounds and build up to 60 seconds.

PARTNERS A & B

High plank and partner high five

(on knees for beginners)

Duration: 40-60 seconds

Repeat three times.

Rest for 60 seconds.

PARTNER A

PARTNER B

Sit-up**Ankle taps**

(ankles interlocked)

Swap exercises every three sit-ups

Duration: 40-60 seconds

Repeat three times.

Rest for 60 seconds.

PARTNERS A & B

Side plank with hip dip

Duration: 20-30 seconds for each side

(40-60 seconds total time) Repeat three times.

Rest for 60 seconds.

PARTNERS A & B

Single leg hip extension

Duration: 40-60 seconds

Repeat three times.

Rest for 60 seconds.

CLICK TO VIEW



Repeat
circuit
three
times

WATCH HOW TO DO THIS WORKOUT

Workout written by Kirsty Elliott,
Personal Trainer at Fernwood Campbelltown

HEART RACER

ELECTRIFYING CARDIO WORKOUT

Set up a Tabata timer to go off every two minutes for 22 minutes. You can download a Tabata app for this.

Instructions

You and your BFF have two minutes to complete each workout as fast as you can. If you finish before the two-minute timer goes off, rest until the next set starts. Encourage each other to keep moving!

PARTNERS A & B

30 x alternating high knees (to hip)
20 x squats
10 x kick-back burpees
5 x push-ups on knees

Repeat five times.

Rest for two minutes.

Now reverse it!

PARTNERS A & B

5 x push-ups on knees
10 x kick-back burpees
20 x squats
30 x alternating high knees (to hip)

Repeat five times.

Rest for two minutes.

Want a bigger challenge?

- Shave 30 seconds off your time and make them 1.30 min sets
- Swap the squats for squat jumps
- Put your chest to the ground in your burpees
- Do your push-ups on your toes

CLICK TO VIEW



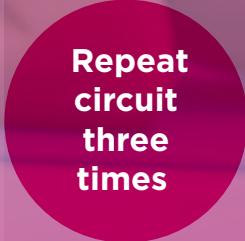
WATCH HOW TO DO THIS WORKOUT

Workout written by Morgan Williams,
Personal Trainer at Fernwood Browns Plains

AB SHAPER**YOUR NEW FAVOURITE
AB WORKOUT****Instructions**

Start with 40-second rounds and build up to 60 seconds.

PARTNER A	PARTNER B
Sit-up	Russian twist with ankles locked and feet planted
Swap exercises every three sit-ups	
Duration: 40-60 seconds	
Repeat three times.	
Rest for 60 seconds.	
PARTNERS A & B	
V-sit (support with hands behind the body or knees for beginners)	
Duration: 40-60 seconds	
Repeat three times	
Rest for 60 seconds.	
PARTNERS A & B	
Hip extension with alternating Swiss ball pass back	
Duration: 40-60 seconds	
Repeat three times.	
Rest for 60 seconds.	
PARTNERS A & B	
Standing Swiss ball partnered palloff press	
Duration: 20-30 seconds for each side	
(40-60 seconds total time) Repeat three times	
Rest for 60 seconds.	


CLICK TO VIEW

Repeat circuit three times
WATCH HOW TO DO THIS WORKOUT

Workout written by Kirsty Elliott,
Personal Trainer at Fernwood Campbelltown

SHARE YOUR *Workout* SNAPS

Don't forget to tag us in pics of you using your BFF Workouts eBook with #FernwoodFitness on Instagram and Facebook.

Follow the official Fernwood Fitness accounts for competitions, recipes, health and fitness tips, and more!

 @FernwoodFitness  /FernwoodFitness

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Gift this voucher to a friend to so they can experience Fernwood too!

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