

## Erasmus+ "Health is wealth" Classroom Fitness

# Pair Movements Group Olivia & Celine

Here are some example moves that you can do with a friend.



# Pire

Hold hands, put your knees together and try to squat down

2 min

ULEFONE  
SHOT ON ARMOR 21



Put your hands on your partner's shoulders and bow down

1 min

Sit down, make a v-position with your legs, grab your partner's hands and bow down

2 min







Thank you

Thanks for your attention, those were our partner exercises, please do the same!

