

  
**PARTNER**  
**WORKOUTS**

**PARTNER 1.1**

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**15:00 AMRAP**

10 burpees  
20 Alternating Lunges  
30 squats  
40 Double Unders (scale:  
jumping jacks)

*Split reps as needed /  
'resting' partner holds  
plank*

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## *PARTNER 1.2*

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**5 Rounds For Time;**

15 Jump over Partner  
Plank (each)

12 Synchro Sit ups

9 Squats (Partner holds  
bottom of squat)

6 Synchro Push Ups

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## **PARTNER 1.3**

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**20:00 AMRAP**

10 Wall Walks

20 Jumping Lunges

30 Burpees

40 Mountain Climbers

50 Cossack Squats

60 Double Unders

*Split reps as needed*

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## *PARTNER 1.4*

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**12 Rounds For Time**

3 Pike Push Ups

6 Alternating Pistol  
Squats

9 V-ups

*Alternate Rounds (resting  
partner holds a weighted  
object)*

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## *PARTNER 1.5*

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### **For Time**

100 Sit Ups

100 Squats

100 Lunges

*Split reps as needed*

*5 Synchro Burpees EMOM*

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## *PARTNER 1.6*

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### **12:00 for Quality**

10 Hollow Rocks (Partner  
in Front Leaning Rest)

*Swap and repeat*

10 Bird Dog (Partner in  
bent knee hollow hold)

*Swap and repeat*

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## *PARTNER 1.7*

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**16 RFT (8 each)**

10 Step Ups (hold  
weighted object)

Partner performs Front  
Leaning Rest with  
alternating knee to elbow

*Alternate Rounds*

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## *PARTNER 1.8*

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**Death By;**

Burpee

*\*Both athletes work at same time. 100 hollow rock penalty for loser.*

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## *PARTNER 1.9*

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**5 Rounds For Time;**

5 Burpee Jump Overs -  
Jump over : partner in  
bear hold

*Swap and repeat*

10 Synchro Lunges

15 Synchro Lemon  
Squeeze

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## *PARTNER 1.10*

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### **10 Rounds**

1 unbroken set Double Unders

1 unbroken set Push Ups

*Athletes work at same time. 50 burpee penalty for athlete with least total reps.*

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## ***PARTNER 1.11***

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**5:00 AMRAP; Hollow Rocks**

*5 Synchro Burpee Tuck Jumps  
every time either athlete breaks*

**5:00 AMRAP; Push Ups**

*10 synchro squats every time  
either athlete breaks*

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## *PARTNER 1.12*

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For 20:00;

### **1:00 AMRAP High Knees**

*Partner performs 1x Max Front Leaning Rest at same time. Then swap.*

### **1:00 AMRAP Mountain Climbers**

*Partner performs 1x Max Hollow Hold at same time. Then swap.*

**Rest 1:00 after each full round.**

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## ***PARTNER 1.13***

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**10:00 AMRAP of;**

Partner A's favorite movement

*With 5 reps of Partner A's LEAST favorite movement at the top of every minute!*

**Into 10:00 AMRAP of;**

Partner B's favorite movement

*With 5 reps of Partner B's LEAST favorite movement at the top of every minute!*

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**WODPREP**  
**PARTNER**  
**WORKOUTS**

**PARTNER 1.14**

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**For Time**

10 Synchro Burpees

10 Synchro Burpees  
20 Push-Ups

10 Synchro Burpees  
20 Push-Ups  
30 Lunges

10 Synchro Burpees  
20 Push-Ups

30 Lunges  
40 Sit-Ups

10 Synchro Burpees  
20 Push-Ups  
30 Lunges  
40 Sit-Ups  
50 Air Squats

*Split reps as needed*

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## *PARTNER 1.15*

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50-40-30-20-10

Air Squats & Double Unders

*(use a broom handle to make it OHS and up the difficulty)*

*Round 1 example*

Partner A: 50 Air Squats

Partner B: AMRAP Double Unders

Partner A: AMRAP Double Unders

Partner B: 50 Air Squats

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## *PARTNER 1.16*

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Partner 1: High Plank

Partner 2: Jump over partner 1  
then crawl under them.

*5 per partner for 10 Rounds*

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## *PARTNER 1.17*

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### **Plank War**

(best of 5)

Partners face each other in the plank.

High five (each hand)

Tap shoulders (each hand)

Reach to the sky (each hand)

Then, go palm to palm and push until one person falls.

Or shake hands and pull until one person falls.

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## *PARTNER 1.18*

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For 40:00;

### **Alternating EMOM;**

1. Partner A: Burpees
2. Partner B: Burpees
  
3. Partner A: Squats
4. Partner B: Squats
  
5. Partner A: Sit Ups
6. Partner B: Sit Ups
  
7. Partner A: Pistol Squats
8. Partner B: Pistol Squats

**Choose a # of reps you can sustain for 40:00**

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## *PARTNER 1.19*

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**3:00 AMRAP;**

5 Push Ups

10 Jumping Lunges

15 Hollow Rocks

**Rest 3:00 while your partner goes**

*Repeat for 5 Rounds Each. Try to find a pace you can replicate each round.*

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## *PARTNER 1.20*

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**For Time;**

100 Synchro Burpees

**Every Minute on the Minute:**

*15 second Hollow Hold (both athletes)*

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