Workout for Two

Fitness is more fun with a friend! Grab a partner, head down to the nearest park, and work on developing your fitness skills with these 3 ideas.

**Mirror, mirror**

This exercise is a fun way to test your creativity, agility, and reaction time! Facing your partner, move suddenly in whichever way you want. Your partner’s goal is to mimic your movements as if they’re your mirror image. Try changing levels (getting on the floor, jumping up high) and directions (move forwards, backwards, side-to-side) to make it more difficult for them. Take turns!

**Variation:** the mirroring partner stands behind the leading partner, facing the same way.

**Catch**

This classic park activity can be a cardio, endurance, and agility all-in-one exercise. Changing the size and weight of the ball (like a Frisbee vs. a volleyball) changes how you throw it, so you work different muscles. Plus, practice your hand-eye coordination!

**Variation:** throw a medium sized ball (think a dodgeball) from the chest while standing on one leg, putting the focus on balance and strength!

**Tandem**

Do like Daisy (who was she, anyways?) and do your cardio on a bicycle built for two! Since both riders have to be synchronized in order to get the bike moving, you’ll grow closer as your work on finding a rhythm.

Tandem bikes are easily rentable at places by the Vancouver seawall (which is also easily the most popular area for biking).

[http://www.ebay.com/gds/8-Summer-Yard-Games-for-Adults-/10000000178930812/g.html](http://www.ebay.com/gds/8-Summer-Yard-Games-for-Adults-/10000000178930812/g.html)  