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**Couples Workout Routine**

Here's a 20-minute strength workout that you can do with a partner without using any equipment. This workout is designed to target multiple muscle groups and can be adjusted to accommodate various fitness levels. It includes a warm-up and stretching at the end to ensure a well-rounded workout.

**\*\*Warm-up (3 minutes):\*\***

1. **\*\*Jog in place:\*\*** Start with a light jog in place for 1 minute to get your heart rate up and warm up your muscles.
2. **\*\*Arm Circles:\*\*** Stand facing your partner with your arms extended to the sides. Rotate your arms in small circles for 30 seconds, then switch directions for another 30 seconds.
3. **\*\*Leg Swings:\*\*** Stand facing your partner and hold onto each other for balance. Swing one leg forward and backward, then switch legs. Do this for 1 minute.

**\*\*Strength Workout (14 minutes):\*\***

Perform each exercise for 45 seconds, followed by a 15-second rest. Then switch with your partner, so your partner does the exercise while you rest and cheer on your partner.

1. **\*\*Bodyweight Squats:\*\*** Stand facing each other, with feet shoulder-width apart. Perform squats for 45 seconds, making sure to keep your back straight and your knees behind your toes.
2. **\*\*Push-ups:\*\*** One partner gets into a push-up position while the other partner holds their ankles. Perform push-ups for 45 seconds, then switch roles.
3. **\*\*Plank:\*\*** Both partners get into a plank position facing each other, holding the position for 45 seconds.
4. **\*\*Lunges:\*\*** Stand facing each other, take a big step forward and lower your body until both knees are bent at a 90-degree angle. Alternate legs for 45 seconds.
5. **\*\*Partner Leg Raises:\*\*** One partner lies on their back while the other partner holds their ankles. The partner on the ground raises their legs, while the partner standing resists the movement for 45 seconds. Then switch roles.

**\*\*Cool Down and Stretching (3 minutes):\*\***

1. **\*\*Hamstring Stretch:\*\*** Sit on the ground facing your partner with legs straight in front of you. Reach for your partner's opposite foot and gently pull it towards you, feeling the stretch in your hamstring. Hold for 30 seconds and then switch legs.
2. **\*\*Triceps Stretch:\*\*** Stand facing your partner, raise one arm above your head, and bend your elbow, reaching your hand down your back. Your partner gently pushes on your elbow to increase the stretch. Hold for 30 seconds and then switch arms.
3. **\*\*Shoulder Stretch:\*\*** Stand facing your partner, clasp your hands together behind your back, and straighten your arms. Your partner gently lifts your arms to stretch your shoulders. Hold for 30 seconds.
4. **\*\*Cobra Stretch:\*\*** Both partners lie on their stomachs facing each other. Place your hands on the ground under your shoulders and push up, arching your back to stretch your core and chest. Hold for 30 seconds.

By following these instructions, you and your partner can enjoy a 20-minute strength workout without any equipment, including a warm-up and stretching at the end.