

JUST THE TWO OF US

Strengthen your body and your bond with these ultimate workouts you can do together. You know what they say, couples that train together...



IMAGES: GETTY IMAGES



YOU WANT: *To tone your upper and lower body*
HE WANTS: *To learn some new fitness skills*
TRY...

KICKBOXING

Work out those wedding differences with a class that'll get every muscle in your body working. While fun for both of you to learn some new techniques, kickboxing is a total-body workout that will blast your arms, legs, core, glutes and back into shape. Just make sure you're aiming for the punch bag...

YOU WANT: *To improve your strength and burn fat*
HE WANTS: *To build muscle*
TRY...


WEIGHT TRAINING

Gone are the days where weight lifting was seen as a man's sport – more women are lifting now than ever – and with good reason! Pumping iron will help you lose fat, build muscle, and combat stress. Training in pairs definitely has its benefits – while one trains, the other can rest and keep count of the reps.



5 YOU WANT: *TO IMPROVE YOUR CORE MUSCLES*
HE WANTS: *TO ZONE OUT FROM WORK STRESS*
TRY...

VINYASA YOGA

Relax, unwind and sweat out any W-day worries in this class that will help you to reconnect with yourself and each other. You'll benefit from the intense poses that will sculpt and strengthen your body, while he'll enjoy the meditative side and the breath-synchronized movements that this type of yoga is all about. 

2 YOU WANT: *TO EXERCISE IN THE GREAT OUTDOORS*
HE WANTS: *TO LOSE WEIGHT*
TRY...

TRAIL RUNNING

Head outside and get a much-needed dose of fresh air while blasting away a potential 300 calories in half an hour. A route that takes you past pretty scenery means you won't get bored – plus, running with someone else will push you that little bit further. A little bit of healthy competition never hurt anyone, eh?!

4 YOU WANT: *To work out in privacy*
HE WANTS: *To exercise around his hectic schedule*
TRY...

AT-HOME WORKOUTS

Chuck on your *Call On Me* gear and turn your living room into your own personal studio space. With YouTube exercise tutorials aplenty and a continuous release of new workout DVDs, you and your partner can train as and when you like, to your own ability and (the best part) in the comfort of your own home.

WHY PAIR UP?

- › Spending more time together = always a bonus!
- › Helping and encouraging one another will build your trust with each other.
- › Having your husband-to-be to compete with is all the motivation you need to work harder.
- › He will get it when you ban chocolate cake and start doing 'quinoa Saturdays'.
- › You'll see each other at your worst (aka sweaty, smelly and somewhat dishevelled) – and you'll *still* want to get married. That's true love right there!

