

Fitness Tips: 5 Couple Exercises That Are Worth the Sweat



By [Rachel Sparks](#)

Now that the holidays are over, we're no doubt regretting some of those holiday treats we consumed. The cold keeps us in, the sweets come out, and we're juggling between moments of extreme stress and joy with friends and family so our eating habits are erratic at best. Right after that came the new year with the promises we made to lose the weight we gained over the past couple of months. Let's break that cycle *now* by taking a cue from [celebrity couples](#) like [Jennifer Lopez](#) and Alex Rodriguez and start working out with our S.O's.

The hottest fitness tips start with you and your partner breaking a sweat together.

Working out makes us feel great about ourselves, but make it even better by doing it with your partner. Celebrity couples who work out together boast of strong bonds with their partner. There's nothing but good reasons to exercise with your partner, so grab them up off the couch and get going!

1. Hiking: We're starting easy and free (usually). If you or your partner are new to the exercising world, hiking is a great way to cheat the mind into thinking you're not working out. You can control your path, mileage, and speed so it's a great way to get into shape with a motivating view.

Related Link: [Let Your Partner Be Your Inspiration to Getting and Staying Fit](#)

2. Kayaking: Another way to trick those who hate traditional exercise into getting active involves another outdoor sport—kayaking. Most rental kayaks offer an option to share a two-butt kayak. It's a great workout for the arms and it challenges your communication and teamwork.

3. Rock Climbing: Let's keep it safe and stick with indoor rock climbing gyms until that confidence and strength has built up. The latest celebrity trend involves rock climbing gyms, but beware that there's a fair amount of trust involved. Your partner usually holds onto the rope that keeps you secure as you climb. When your arms start shaking, there's no better feeling than your S.O. cheering you on.

Related Link: [Celebrity Interview: Celebrity Trainers Sebastian and Danielle Lagree Talk Famous Clients, Relationships, and Love](#)

4. Kick Boxing: Don't do this when you're mad at your S.O. Or at least, don't miss the bag as you throw your anger-fueled upper cut and knock your partner in the teeth. It's a great way to relieve stress and learn self-defense in addition. Take turns on the offense and defense and offer each other constructive criticism. Hot celebrity couple Chris Hemsworth and Elsa Pataky are known to practice kick boxing together.

5. Yoga: Yogi's make intense positions look effortless, but be warned: there is a fair amount of knowledge and practice that goes into this sport. Couples who practice together help strength fine-tune muscles and flexibility. Bonus: you can do some really cool arial tricks together. [Adam Levine](#) and his wife Behati Prinsloo have been pictured holding plank together. And yes, holding your favorite position is an integral part of yoga.

How do your workout with your partner? Share your ideas below

for fitter couples!