

2B or not 2B Partner Work

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Why partner training?

This class was born many years ago; for several years we have had the good fortune to work together in many events and conventions and there has always been a fact that has characterized us: to combine training with fun, to combine individual training with training in pairs or groups, to combine resistance or strength training or... with games that have the same objectives but that its playful component makes the students not perceive such effort... all this led us to the creation of this video, the first of a collection of videos in which we will expose the work in pairs as a very valid option for training.

In this first video we will see a large number of examples of exercises always in pairs and without equipment. We have divided them into different objectives so that they can be used as warm-up activities or as activation exercises, exercises for arm training, leg training, core training, etc.

At the same time we are aware that each exercise can be used in several of the options we have made since in the aquatic environment an exercise for the arms, for example, will need the legs and core, the same will happen with the rest so you will probably find many more options for each of the exercises.

That is our goal, that all these exercises are not a mere list but a source of inspiration for all of you and that you can use these exercises as part of your classes. And remember that it is not obligatory to do a class only of partner training, since in a class you can use only one exercise or several or all of them... everything will depend on your objective. You can use these exercises as main exercises, or as transition exercises between training blocks or... The options are endless.

The reason for the name of the class is a play on the number two representing partner training and Shakespeare's dialectic in Hamlet wondering whether "to be or not to be". Many people are hesitant to use activities in pairs or groups, they are hesitant to use what they consider simply games because they "lose the seriousness of the class".

Usually people exercise "alone" even during the group classes, but all proposals will be a partner training because we believe in the fact that having an exercise with a partner can boost motivation and overall performance. A sense of healthy competition can prevail between you and your workout partner, which will keep your fitness level high.

We have listed some of the benefits of working out with a partner in the water:

HAVING FUN:

Swimming pool sometimes can be a boring place, for example during the swimming or normal aquatic fitness class routine. Having a friend as your workout partner will make exercising much more enjoyable. You can perform some serious workouts with your friends — without being too serious. Having fun while performing serious activities is no harm. In fact, it will make the atmosphere lighter so that you can perform more vigilantly.

HEALTHY COMPETITION:

Working out with your friend can be a healthy form of competition, not to mention a great way for the two of you to keep fit. You obviously wouldn't like to fall behind while performing with your friend. Exercising together will push you to work harder and be more consistent. Make sure to select an exercise partner who is at the same fitness level as you. You can compete against each other on smaller exercises, which will lead to better performance and stamina.

NO MORE QUILTS:

After a tired or hectic day, you may not want to go to the pool. Sometimes you are simply feeling too lazy to go for a workout. However, having a partner can help you work out more consistently. Your partner should be motivated enough to never let you quit or miss the training. You cannot reap the full benefits of exercise if you are not doing it regularly. Better stamina and enhanced performance can be achieved only if you are regular with your workout routine.

MOTIVATION:

Having a workout partner will motivate you to work hard. You and your partner can perform different exercises together, which will allow you to reach your desired fitness level faster. Your friend can be your spotter and advisor, and your workout routine will be better. You can also set certain fitness goals and achieve them together for the best results.

Participants want to train but they also want to have fun, to be motivated and one of the most powerful tools at our disposal is the use of games. However, at the same time there is a negative side: many instructors comment that their students do not like games because they don't find them effective, many do not enjoy working in pairs or groups, many feel that through play the group loses focus, students cool down ... there are many problems associated with the use of games. The majority of these comments may be answered through two basic questions: How do you introduce the game? And the most difficult one to answer: do WE believe in its effectiveness? Does it make sense?

We firmly believe in the use of games and we propose a number of basic points:

- If you do not believe in the game, the game has no "life".
- The organization and explanation should be quick and enthusiastic: so games have "full name". If you need lengthy explanations it means that you will be slowing down the class dynamics and you are using too complicated games.
- Must be a dynamic and participatory activity (must reach every student)
- Must generate an emotional activation, from the point of view of the student and the instructor.

So, why train with a partner? In addition to being more motivated, this kind of training will be more fun, it helps build self-esteem and keeps motivation levels high. Partner workouts are great for developing teamwork and friendships in a group class. Exercising with a partner also helps you stay on track without getting distracted and will promote communication, the shared feeling of success for each exercise completed together as celebrating progress alone is not as much fun as it is with a partner.

Our recommendations:

1. Repeat the exercises always reversing the roles. All participants have to do the same exercises and must perform the same roles. In case they have very different skill or fitness levels, remember that...
2. We must give alternatives due to the differences between skills.
3. Remember that in all exercises both users must remain active.
4. Work in pairs during part of the class, by objective:
 - a. Strength,
 - b. Endurance
 - c. Functionality,
 - d. Flexibility and/or mobility
 - e. Core
5. We can use all these exercises simply as part of a warm-up or as a reactivation exercise.
6. The simple action of making pairs and organizing them into groups of two can become the first activity. We propose you an example: move freely around the pool and at our order organize yourselves in groups of as many people as we have indicated: 3, 5, 4, 7, etc. each time you join you must separate again and continue moving (in the same or different way) and wait for the next order (number)... so on until the last number proposed is 2.
7. If one stays alone, try in groups of 3 if it works, if not, join in!
8. The last game, the last activity, the last dance... should always be emotionally charged, it should become the grand finale that everyone will remember and that will invite them to the next session.
9. We can use it for a special occasion: end of season, national/local holiday, facility birthday....
10. And this type of activities/sessions offers you many possibilities to promote your classes/center: Bring a friend, your wife or husband, your children...