

HAPPY FATHER'S DAY

Built Side *by* Side



There's something quietly powerful about a couple who builds side by side.

They show up for the early mornings and the heavy sets and the ordinary Tuesdays that nobody claps for. Today is for the dads, but the truth underneath it is bigger: the strongest families aren't built by one person carrying everything. They're built by two people choosing, again and again, to pick up the load *together*.

When you train together, sweat together, and cheer each other through the last hard rep, you're teaching your kids something no lecture ever could — that love isn't passive, that effort is a kind of devotion, and that the people who matter most are worth becoming stronger for.

So here's to the partners who lift each other up, literally and otherwise. Keep building. The best version of your family is the one you're making right now — one rep, one day, one choice at a time.

Keep building, together.

THE FIT COLLECTIVE

A FATHER'S DAY SESSION FOR TWO

The Side-by-Side Workout

40 MINUTES · BODYWEIGHT ONLY · FULL BODY



No equipment, no excuses — just the two of you and the floor. Most blocks are supersets you alternate through: one partner works while the other rests or counts reps out loud. Move at a pace that lets you finish the last rep *strong*.

Warm-Up

5 MIN · TWO EASY ROUNDS

Bodyweight squats	10
Walking lunges	8 / leg
Arm circles + shoulder rolls	10
Glute bridges	10

High-five your partner. You're warm. Begin.

Block A · Push & Squat

3 ROUNDS · ALTERNATE

Push-Ups — hands on a bench to scale	8–12
Bodyweight Squats — add a pause at the bottom	15

Chest to fists on the push-ups, full depth on the squats. No half reps.

Block B · Hinge & Pull

3 ROUNDS · ALTERNATE

Single-Leg Glute Bridge	10 / side
Superman Pull — squeeze shoulder blades	12

The posture-saver block. Slow and controlled beats fast and floppy.

Turn the page for the second half & the partner finisher →

THE SIDE-BY-SIDE WORKOUT

Finish Strong



Block C · Lunges & Carry

3 ROUNDS · ALTERNATE

Reverse Lunges

10 / leg

“Piggyback” Squats — carry your partner, or hug-hold

5–8

The Father’s Day special: one carries, one rides — then swap. Too much? Hold a tight bear-hug and squat together. Either way, somebody’s laughing by rep three.

Partner Finisher · “The Tag Team”

5 MIN · TRADE OFF

Mountain Climbers

20

Plank Hold — hold while your partner works, then swap

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Set a 5-minute clock and go until time’s up. Loser of the round buys the post-workout coffee. (House rule.)

Cooldown

3 MIN

Doorway / chest stretch

30 sec

Hamstring stretch

30 / side

Slow breathing

5 rounds

One more high-five. You earned it.



Scale every movement to what feels strong, not heroic. Strength is a long game — the goal is to walk out feeling better than you walked in, together.

Happy Father's Day.

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