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GET OUR 7 DAYS OF LOVE PROGRAM FOR FREE!

Get ready to have a great time learning how to love your spouse! What's that, you already know how? Well, The Dating Divas are here to give you a whole new perspective on delighting your better half with our incredible 7 Days of Love Program... and its absolutely free when you sign up for our newsletter!

Each day, for the next 7 days, you'll get a super-easy and fun way to connect with your spouse. At the end of this week, no matter how well you thought you knew your spouse, you'll have a whole new way of looking at the ways in which they love to be loved!

CLICK HERE TO SIGN UP!

the
DATING  **DIVAS**

STRENGTHENING MARRIAGES, ONE DATE AT A TIME



LET'S SEXERCISE!

Couples that sweat
together, stay together!





IT'S NOT A STRETCH TO SAY YOU'RE SEXY!

The more flexible you are, not only the larger variety (and more fun) positions you can get into but the less likely you are to either injure yourself or cramp up during sex!

STRETCHES



STRADDLE STRETCH

Sit facing partner in a wide-legged straddle position, feet touching. Grasp hands. Have your partner lean back, drawing shoulder blades together as you bend forward at the hips. Hold for 10 deep breaths, then switch. Repeat.

STRETCHES



CHEST STRETCH

Stand back-to-back, holding hands. Step forward, moving away from each other. Raise your arms out to the sides and pull away by pulling each other's hands and feel the stretch in your chest. Hold for 30 seconds, moving further away as you ease into the stretch!

STRETCHES



SEATED INNER THIGH STRETCH

Sit on the floor facing each other with both of you stretching your legs out as wide as possible. Hold hands. Let your partner pull your hands forward; bringing your upper body forward and downward.

STRETCHES

These printables were designed exclusively for The Dating Divas www.thedatingdivas.com
by Courtney at Paperelli www.paperelli.com



WEIGHT FOR IT!

This sexy date is just getting started. Go down the list completing the workout. It's about to be double the fun!

What you'll need -

Your spouse, medicine ball (or any type of ball), weights, yoga mat, and your Strip and Rest cards!

BOOTY PRESS & SQUAT

3 sets, 10 reps

Have your partner lie on his back and prop up on his forearms with his legs extended. Stand with your back to him and position the soles of his feet on your butt. Bend your knees to lower into a deep squat as he bends his knees in toward his chest. Engage your butt and thighs to create resistance as he extends his legs, pushing you up out of your squat. When your legs are fully extended, squeeze your butt and come up onto your tippy toes to complete one rep.

YAY! CHOOSE A REST CARD!



TOUCH-FREELY PUSH-UPS

3 sets, 10 reps

Facing your partner, get into a plank position so your heads are about one arm's length apart. At the same time, you'll both perform a push-up. At the top of the push-up, engage your core and keep your hips squared to the ground as you lift your right palm off the ground and gently caress your partner's face. Replace the hand and perform another push-up, this time caressing with the left hand. Continue to alternate sides.

YAY! CHOOSE A REST CARD!

MEDICINE BALL PASS

3 sets, 10 reps

Hold a medicine ball and sit back-to-back about a foot away from your partner with knees bent, heels on the ground, and toes facing upward. Turn to your right and pass the ball to your partner, as he turns to his left to receive it. He then twists to his right to pass it back to you, and you turn to your left to receive it. Continue passing in this direction, switching directions halfway through.

YAY! CHOOSE A REST CARD!



BACK TO BACK CHAIR SQUATS

3 sets, 10 reps

Stand back-to-back with your partner and link arms. Leaning against each other's upper backs for balance, walk your feet out enough to separate your butts and give you both room to sit back into a deep squat without your knees coming over your toes. Next, you'll both bend your knees until your thighs are parallel to the ground. Press through your heels and literally lean on your partner to stand back up and complete one rep.

YAY! CHOOSE A REST CARD!



PUCKER-UP PLANK PIKES

3 sets, 10 reps

Face your partner, and get into a forearm plank position with your elbows directly beneath your shoulders and palms together. Have your partner mirror you so you're head-to-head with your hands nearly touching hers. From this position, simultaneously lift your hips straight up to the ceiling, lengthening the spine to maximize the space between the top of your head and your hips. Next, carefully come back to starting position (communicate to avoid a head collision) then lean in for a kiss, both tilting toward the right. That's one rep.

YAY! CHOOSE A REST CARD!



STRIP

& REST!

Cut out each individual cards and lay them face down near your workout station. At every rest section in the workout, take turns choosing a card! Whatever the card you choose, take off your spouse's specific clothing.

TOP

BOTTOMS

UNDERWEAR

SHOES

BRA

NOW THAT YOU ARE

HOT 

& SWEATY,

IT'S TIME TO GET

STEAMY!

HEAD TO THE
SHOWER!