

SL



WORKOUT GAMES BALLOONY TUNES



REQUIREMENTS :

- Indoor Area
- Number of Participants: 3+
- Equipment Needed: 1 Balloon

HOW TO PLAY:

1. Assign a number from 1 to the number of participants to each person.
2. One person stands inside a square boundary with a balloon.
3. Other participants are outside the boundary, in plank, squat, or a normal stance.
4. The person inside the boundary hits the balloon into the air and yells out a number.
5. A participant whose number is called runs into the boundary and hits the balloon before it touches the ground.
6. The participant who hits the balloon then yells out another participant's number and returns to their original position outside the boundary.
7. If the balloon touches the ground before someone outside hits it, that person gets a point.
8. The person with the least points after three minutes is the winner.