

SL



WORKOUT GAMES CHA CHA SLIDE

REQUIREMENTS :

- Outdoor or Indoor
- Number of Participants 1+
- No Equipment Needed

HOW TO PLAY:

1. Play the song "Cha Cha Slide" by DJ Casper.
2. Assume the plank position.
3. Follow the commands in the song while maintaining the plank:
 - a. "Cha Cha" = Mountain Climbers.
 - b. "Clap Your Hands" = Shoulder Taps (opposite shoulder).
 - c. "Hand on Your Knees" = Touch opposite knee.
 - d. "Slide to the Left/Right" = Take a step and reach in the indicated direction.
 - e. "Right/Left Foot Stomp" = Tap the designated foot laterally.
 - f. "Hop" = Modified Pike Exercise (hopping forward).
 - g. "Criss Cross" = Lift one leg over the other.
 - h. "Bring it Back" = Walk hands backward and lift hips, then return to plank.
4. Perform these actions following the song's commands.