

SL



WORKOUT GAMES CONE WARS

REQUIREMENTS :

- Outdoor or Indoor
- Number of Participants 2+
- Equipment: 10+ small cones

HOW TO PLAY:

1. Create even teams or go one-on-one.
2. Use cones, half upright and half lying on their sides.
3. One person or team sets the lying cones upright, while another knocks upright cones down.
4. Set a two-minute timer and say, "Go" to start.
5. Players bend at the knees and hips, maintaining good core control and a straight back.
6. Use only hands to move the cones.
7. After two minutes, the winner is the one with the most cones in their assigned position.