

# SL



## WORKOUT GAMES

### PHONE NUMBER

### EMOM

#### REQUIREMENTS :

- Outdoor or Indoor
- Number of participants: 1+
- No Equipment Needed

#### HOW TO PLAY:

1. EMOM stands for "Every Minute on the Minute."
2. Pick 3-10 favorite bodyweight exercises and write each on separate pieces of paper.
3. Place the exercise papers in a bowl.
4. At the start of each minute, draw one exercise paper.
5. Perform that exercise for reps equal to the first digit of your phone number.
6. If the first digit is 0, choose the number of reps.
7. Use the remaining time in the minute for rest.
8. Draw another exercise paper for the next minute.
9. Perform that exercise for reps equal to the second digit of your phone number.
10. Aim to play for 10 minutes (10 digits in a phone number).
11. You can increase difficulty by adding exercises at the start of each minute.
12. Exercises compound each minute for a more challenging workout.

#### Example:

- If your phone number's first digit is 9, and you draw "lunges," do 9 lunges in the first minute.
- In the second minute, if you draw "push-ups," do 9 lunges and 5 push-ups, and rest for the remaining time.
- Continue this pattern for 10 minutes to complete the workout.