

SL



WORKOUT GAMES PLANK MUSICAL CHAIRS



REQUIREMENTS :

- Outdoor or Indoor
- Number of Participants 3+
- Equipment Needed: Yoga Mats (total number of people MINUS two

HOW TO PLAY:

1. Designate a DJ and participants.
2. Create a circle with yoga mats facing inward, spaced 2-3 feet apart.
3. Create a square boundary about 25 feet from the circle's center.
4. DJ starts music, and participants jog around the square's outside.
5. When music stops, participants rush to get on a mat in plank position.
6. As there are two fewer mats than participants, one person won't have a mat.
7. The person without a mat is out and removes one mat from the circle.
8. Continue until only one mat remains in the center, and the last person on a mat is the winner.