

# SL



## WORKOUT GAMES PLANK RACES

### REQUIREMENTS :

- Outdoor or Indoor Area
- Number of Participants: 4+
- Equipment: 1 Yoga Mat

### HOW TO PLAY:

1. Form two or more teams with an even number of participants.
2. Set up a start and finish line, typically about 50 feet apart, adjust if needed.
3. Each team lines up facing the finish line.
4. Participants assume a plank position.
5. Maintain a one-foot distance between the head of each participant and the feet of the person in front of them.
6. The person at the front of each line doesn't have anyone in front of them.