

# SL



## WORKOUT GAMES

### RED LIGHT/GREEN LIGHT

#### REQUIREMENTS :

- Outdoor or Indoor
- Number of Participants 3+
- No Equipment Needed

#### HOW TO PLAY:

1. Choose a "crossing guard" and "vehicles."
2. Set a start and finish line (adjust distance as needed).
3. Crossing guard stands at the finish line.
4. Vehicles start at the starting line.
5. Crossing guard calls "green light" to allow movement, "red light" to stop.
6. First vehicle to reach the finish line wins.
7. Any vehicle moving on "red light" must return to the start.
8. Vehicles can use creative movements like jumps, lunges, bear crawls, etc.
9. Suitable for large groups and a lot of fun!