

# SL



## WORKOUT GAMES BALLOONY TUNES



### REQUIREMENTS :

- Indoor Area
- Number of Participants: 3+
- Equipment Needed: 1 Balloon

### HOW TO PLAY:

1. Assign a number from 1 to the number of participants to each person.
2. One person stands inside a square boundary with a balloon.
3. Other participants are outside the boundary, in plank, squat, or a normal stance.
4. The person inside the boundary hits the balloon into the air and yells out a number.
5. A participant whose number is called runs into the boundary and hits the balloon before it touches the ground.
6. The participant who hits the balloon then yells out another participant's number and returns to their original position outside the boundary.
7. If the balloon touches the ground before someone outside hits it, that person gets a point.
8. The person with the least points after three minutes is the winner.

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## 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.

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## 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.

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## 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.

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## WORKOUT GAMES THUNDERSTRUCK

### REQUIREMENTS :

- Outdoor or Indoor
- Number of Participants 1+
- No Equipment Needed

### HOW TO PLAY:

1. Find an open area or jog in place at a moderate pace.
2. Play AC/DC's "Thunderstruck."
3. When you hear "Thunder" or "Thunderstruck" in the song, do a burpee.
4. Keep doing burpees throughout the entire song.
5. Count the total burpees you complete.

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## WORKOUT GAMES TOWEL CHASE

### REQUIREMENTS :

- Outdoor or Indoor
- Number of Participants 4+
- Equipment: Clean Beach Towel

### HOW TO PLAY:

1. Participants, except one, form a circle and lock arms.
2. Place a towel over one person's shoulder within the circle.
3. The person outside the circle stands opposite the one with the towel.
4. Set a two-minute timer.
5. On "Go," the person outside the circle tries to grab the towel.
6. Participants in the circle shuffle to protect the towel.
7. If the person outside doesn't grab it, they do 10 reps of a group's chosen exercise.
8. If they grab the towel, they choose the exercise for the group.

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## 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!

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## 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.



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## WORKOUT GAMES CHA CHA SLIDE

### REQUIREMENTS :

- Outdoor or Indoor
- Number of Participants 1+
- No Equipment Needed

### HOW TO PLAY:

1. Play the song "Cha Cha Slide" by DJ Casper.
2. Assume the plank position.
3. Follow the commands in the song while maintaining the plank:
  - a. "Cha Cha" = Mountain Climbers.
  - b. "Clap Your Hands" = Shoulder Taps (opposite shoulder).
  - c. "Hand on Your Knees" = Touch opposite knee.
  - d. "Slide to the Left/Right" = Take a step and reach in the indicated direction.
  - e. "Right/Left Foot Stomp" = Tap the designated foot laterally.
  - f. "Hop" = Modified Pike Exercise (hopping forward).
  - g. "Criss Cross" = Lift one leg over the other.
  - h. "Bring it Back" = Walk hands backward and lift hips, then return to plank.
4. Perform these actions following the song's commands.