

SL



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.