

TURBULENCE TRAINING BOOT CAMP GAMES

31

***Done-For-You Boot Camp
Games That Will Boost
Retention and Referrals***



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Disclaimer

You must get your physician's approval before beginning this exercise program.

These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training or games.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including Turbulence Training Boot Camp Games. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use Turbulence Training Boot Camp Games, please follow your doctor's orders.

What Are We...12 Years Old?

Remember back when you were a kid? Back when you were in elementary school. What was the best part of the day for many of us? RECESS! It was our chance to escape the mean teachers, crazy homework, boring classes, and the hand pains from cutting construction paper to make paper snowman...okay, maybe that last one was just me. The point is recess was seriously the most fun part of the school day. The reason why is very simple: IT WAS FUN! We would play different games every day and make new friends all of the time. We came back inside after recess, pumped up with energy and ready to get stuff done. It was that psychological break from reality that we all needed. Why should growing up mean that we have to sacrifice that which we once loved so much?

Why do our lives have to be boring all of the time?

Why can't we have the energy like we had playing at recess?

Why is it that when we have a bad day nothing can seem to pick us back up?

Why can't we feel like we were young again?

The truth is that we can! We as boot camp owners/instructors have the ability to make this happen for our clients. All of our clients usually work all of the time or live extremely stressful lives. Imagine having the ability to take their minds off of their chaotic lives for just 5-10 minutes a day. If you could make them feel like they are a 12 year old playing on the playground at recess again, laughing with all of their friends, feeling like they are loaded with positive energy, ready to tackle anything that comes their way... Do you think that they would keep coming back to your boot camp? Do you think they would tell their friends about how much fun they are having at your boot camp?

A workout is a workout, and the reality is that people can work out anywhere and get results. Why would someone go to your boot camp over someone else's? You could be thinking of many reasons why your boot camp is better than the person's down the street. However, there is one factor that has nothing to do with exercise, class structure, or facility, that will keep people coming back...FUN.If people truly have fun at your boot camp, they are no longer adults. They turn into those 12 year old kids again playing on the playground. It is no longer a workout; it is a source of youth and energy. That is why people will keep coming back to you over your competitors 😊

What's the best way to make people "young again" at the end of an amazing boot camp class?

You guessed it...GAMES!

Why Games at the End of Boot Camp?

As you probably know, boot camp games are a great way to boost social interaction at your boot camps, end class on a high note and keep people excited. But what are the two biggest reasons for you as an owner/instructor to end your class with a game? There are two big factors: Retention and Referrals.

How you earn these referrals and retain your clients is based on three things: Loyalty, Variety and Differentiation. These games have been specially designed to attack all three of these areas.

Loyalty

Playing games at the end of class will boost the sense of community within your boot camp. Remember, they can get a workout anywhere, but people want to work out with their friends. If we use these games to encourage social interaction and teamwork, everyone will be growing closer as a family on a daily basis. When this sense of belonging occurs, they become loyal to your boot camp. This means they have a higher chance of staying and referring people to your facility.

Variety

Let's face it, we all get bored and burned out from the same routine eventually. Implementing a game at the end of a workout can help break up the monotony of a boot camp class. Even if you change your workouts every day, which I'm sure you do, there is still a chance that they will feel "burned out". These games offer a "vacation" from the workout. We know they are still exercising, but in their minds, this is a different form of activity. The more excited they are at the end of class, the better the chance of them returning on a daily basis and telling their friends.

Differentiation

What sets you apart from the person down the street who has a boot camp? How about the way people feel when they leave class. Do they feel over-worked and thoroughly exhausted? Or, do they feel a "good burn" and energized because they had an amazing time? Obviously, we want the second one. These games will help you stand apart from your competition. We have taken many old school recess style games and formatted them so that there is some form of fitness involved with them. They are still working out, but they are smiling and laughing in the process. That is definitely a "win-win" in my book 😊

How to Keep the Games Fresh

To get the most from this manual you are going to want to use variations of every game in here. What I mean by that is you can play the same game spread out over the course of time, but you need to make it “feel different”. There are a few basic ways you can get away with playing the same game but making it feel like a brand new game. Here are some examples:

1. Make the game a friendly competition between two groups in your class, such as Guys vs. Girls, Young vs. Experienced (old), Veterans vs. New Clients, etc.
2. Change up the exercises used in the game, if applicable. You could also change up the “punishment” exercises for the games. The more variety of exercises the less of a chance of people getting bored of a game.
3. Changing the game rules to fit your circumstances. These games are just my versions of games that I have used with my clients. Feel free to change things when you feel necessary. In fact, that is how most of these games were created. I took games I used to teach in my martial art classes and “twisted” them for my boot camp classes. Being an experienced boot camp owner/instructor like yourself, I would expect you to throw in your own version of certain games. The main thing is to keep it fresh and keep it fun!
4. Find different prizes to reward the winning person or team with. The more random the rewards, the “cooler” you look to your clients. You could reward things like free spa treatments, discounts at athletic stores, free tire rotations, oil changes, t-shirts, etc. The more variety the better!

The main thing you understand is that the more twists and variations you put on these games the better. You could actually make three of your own variations to each of these games and have 93 games total to play with your clients. Let this manual inspire you to create and experiment with your clients. After all, that is what sets you apart from the person down the street; you are the creative and fun one. 😊

Let The Games Begin!

Human Bobsled Race

Format: 2-6 teams. 4-8 people per team.

Supplies Needed: None

How to begin: Have everyone sit in a line single file facing the same direction (face to back). Then have everyone in line wrap their legs around the waist of the person sitting in front of them. This turns their lines into “Human Bobsleds”. Make sure the teams are facing away from the direction they are going to move.



Objective: Each team must carefully slide their Bobsleds to a finish line (without breaking apart) and return to the starting line.

Rules: The team has to stay together. If they break apart, they have to start over at the start line. After their bobsled has reached the finish line, everyone has to run back to the start line and sit single file cross legged as a team. First team back to the finishing position wins.



Circle Chase

Format: Groups of 5-8 people. Have one person singled out.

Supplies Needed: Towels or Flags

How to begin: Have everyone on a team lock arms in a big circle. Put a towel or flag on the shoulder of one person in the circle.



Objective: The person outside of the circle has to try and grab the towel/flag off of the shoulder of the flag holder. The teammates in the circle have to move together in any direction to keep the singled out person from grabbing the flag.

Rules: The person outside of the circle has 60 seconds to grab the flag. The team must keep their arms locked together at all times. Rotate the person outside of the circle until everyone has received a chance to grab the flag.



Stuck In The Mud

Format: Every person for themselves. One person is “it”.

Supplies Needed: None

How to Begin: Have everyone spread out along the open floor space. The person who is “it” starts off in the furthest corner from everyone.



Objective: The person who is “it” has to try and tag everyone before time runs out.

Rules: When the person who is “it” tags someone, they must stand with their feet spread apart. They are “stuck in the mud” and cannot move until someone who is not tagged, slides between their legs to “unstick” them. The person who is “it” has 60 seconds to tag everyone.

Tip: For larger groups, designate more than one person to be “it”.



Boulder Dash

Format: Everyone, *except 2 people*, line up against a wall.

Supplies Needed: Stability Ball (the bigger the better)

How to Begin: Have everyone spread out along an open wall space, backs facing the wall. The people who are not against the wall are the “boulder rollers”. The “boulder rollers” should be about six to ten “big steps” away from the wall.



Objective: The “boulder rollers” will work together as a team and try to roll a stability ball and hit each person against the wall until no one is left standing.

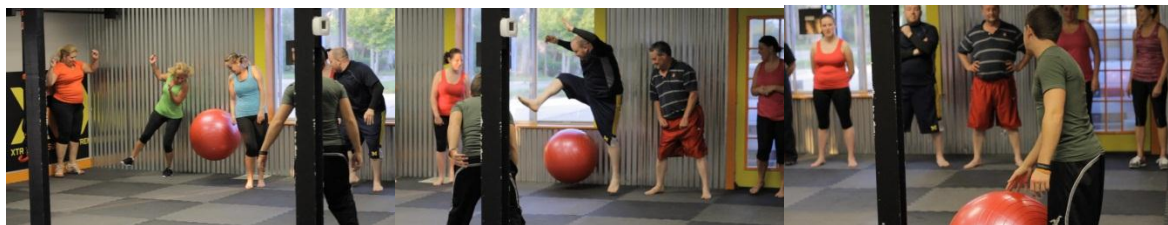
Rules: The “boulder rollers” have 60 seconds to hit every person against the wall with the stability ball. The boulder rollers must always roll the ball on the ground by using their hands. They may never throw the ball. If everyone is tagged out with the ball then the boulder rollers win.

The people against the wall must “dodge” the giant stability ball by moving out of the way or even jumping over the ball. They can do whatever motion they want to dodge the ball, but they have to stay within “arms reach” of the wall at all times.

In the event that the ball gets stuck on the wall or caught between people, the people on the wall must always roll the ball back to one of the boulder rollers. This keeps the game moving at a fast pace.

When someone is tagged with the stability ball, they must run off to the side away from the wall and do 10 reps of squat hops. This helps them work on their “boulder jumping skills” for next time ;) Then, the “out” teammates must cheer on the remaining people on the wall. Remember, the more “noise” from cheering and hollering, the more energy is built up on the floor!

If there is someone still left on the wall after the 60 second mark, then the people against the wall win and the “boulder rollers” lose.



Color Dot Grab

Format: 4-6 teams of people.

Supplies Needed: 4-6 Sets of Colored Construction Paper Dots (3-6 inch diameter)

How to Begin: Have each team stand in a single file line, facing the same direction.

Cut out little circles of different colored construction paper and distribute the pieces in front of each team of people.



Objective: The team with the most points at the end of a rotation wins.

Rules: Everyone in line must keep running in place for the whole duration of the game.

The person in front of the line is up first. As everyone is running in place, you will “call out” a random color dot. The person in the front must pick up that color dot. Then, once they have picked it up, they have to run down to the opposite end of the floor and do 8-10 *Down/Ups**. After the *Down/Ups* are completed, they must rush back to their line, place the color dot back in the pile and run to the end of their team’s line.

The first team done gets a point. You will need to keep track of each team’s points so you can crown a “winner” at the end.

This game will continue until everyone in the team has received a chance to “play”. Once the last person has “played”, the points are tallied up and the champions are crowned.

**Down/Ups- these are just like Burpees but without the pushup or jump. First start standing. Then go down into a pushup position. Stand back up and you have completed one down/up.*



Cone Knock Down/Card Flip

Format: Split the class into 2 groups.

Supplies Needed: Orange Cones

How to Begin: Have each team stand on opposite ends of the floor while facing each other. Spread out a “large amount” of orange cones across the floor. Make sure half of the cones are standing upright and the other half are laying down on their sides in a “knocked down” position.



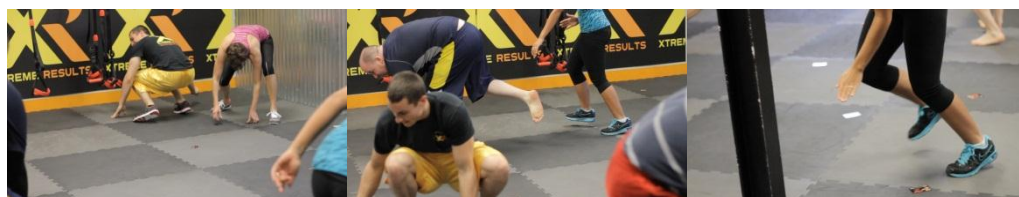
Objective: One team is responsible for keeping the cones “upright”. The other team is responsible for keeping the cones “knocked down”. The team with the most cones in their “team position” wins.

Rules: Each team has 60 seconds to change as many of the other team’s cones as possible, while changing their team’s cones back to their position.

Example: If a team’s position is “upright”, then they must stand up as many cones as possible before time runs out.

NO BABY SITTING! They cannot stand by a cone and “defend it” from the other team. Everyone must keep moving throughout the duration of the game. If a team is caught “baby sitting” they automatically forfeit.

At the end of 60 seconds each team will stop where they are and walk back to their designated sides. You will tally up the cones to see which team “wins”.

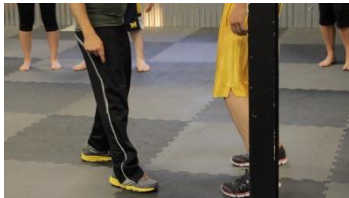


Toe Tag

Format: Everyone grabs a partner (teams of 2).

Supplies Needed: None

How to Begin: Each person will stand “arms reach” apart, while facing each other.



Objective: The person with the most points at the end of 30 seconds wins.

Rules: Each person will try to “tag” their partner’s feet with their feet.

Every time a person “tags” their partner’s feet with theirs, they get a point. Make sure each person keeps track of their points.

Have everyone try to stay in the same general area for the duration of the game. This avoids “traffic jams” of people.

The person with the most tags in 30 seconds wins.

Rotate partners after every match.

The person with the most “wins” at the end of the designated time will be the “champion”. In the event of a “tie”, have the top people face off and winner takes all.



Mirror Game

Format: Everyone grabs a partner (teams of 2).

Supplies Needed: None

How to Begin: Each person will stand about 4 steps apart, while facing each other.



Objective: To “wear out” your partner in 60 seconds.

Rules: One person will go first. That person has 60 seconds to do whatever exercises necessary to “wear the other person out”.

They can do however many reps of whatever exercises they want, in any order they want.

Whatever the first person does, the second person must “mirror” the same amount of the same exercise.

It’s kind of like “follow the leader”, just at a faster pace.

If the person “leading” the exercises “wears out” before the other person, the other person wins. If the person leading is still going and the other person gets tired and stops, the person leading wins.

If they are both still going at the end then it is a draw.

Try to have everyone use “stationary” exercises that way they stay in the same designated area to avoid “traffic jams”.



Towel Sled Race

Format: Groups of 3 people.

Supplies Needed: Towels (big/beach towels)

How to Begin: One person will sit at the end of a towel. The other two people on the team will each grab a corner of the towel, opposite from where the person is sitting.



Objective: Drag each partner down the floor and back, until each partner has had a chance to “sled”. The first team to get all three teammates down and back wins.

Rules: Each team must drag a teammate down to one end of the floor and back to the starting line before switching to the next teammate.

If a teammate falls off of the towel, that team must start back over at the starting line.

The first team to drag all three teammates down and back to the starting line will win.



Human Knot

Format: Groups of 4-10 people.

Supplies Needed: None

How to Begin: Have everyone in a group stand in a “tight” circle facing each other. Everyone must reach across the circle and grab hands with someone across from them. They cannot grab both hands of the same person. They must be different hands of different people.

They cannot not grab hands with the person next to them either.



Objective: To “untie the knot” of hands. First team to untie their team wins.

Rules: Teammates must maneuver over and under the arms to help untie the knot.

They can do whatever motion necessary to untie the knot, they just CANNOT let go of the hands.

In the case of a team untying into 2 separate circles, that is still considered a “win”. Sometimes it happens due to the random patterns of hand holding.



Exercise Add-On

Format: One big circle of everyone

Supplies Needed: None

How to Begin: Everyone will make a big circle in the middle of the floor, facing each other.

Objective: To make it through the circle of people using random exercises in the correct order.

Rules: Pick one person in the circle to start. They will pick one exercise. Everyone in the circle has to do one rep of that exercise.

Then move to the right of that first person. This person will name off another exercise that is different from the previous exercise. The group will then do one rep of the first exercise, followed by one rep of the next exercise.

They will keep “building” new exercises up throughout the remainder of the whole circle. Every person will get a chance to name off an exercise and then the group will have to repeat the sequence in order while adding their new exercise in last.

Try not to repeat exercises.

Once the sequence of random exercises reaches the last person the game is over.



Stability Ball Wrestle

Format: Everyone grabs a partner (teams of 2).

Supplies Needed: Stability Balls (one for each team)

How to Begin: Each team will stand facing each other with a stability ball between them. They will each grab the stability ball in a “bear hug” grip.



Objective: The person who pulls the ball away from the other partner gets a point. Person with the most points in 60 seconds wins.

Rules: Each person will try to pull the ball away from the other person using their upper body and leg strength.

No tripping allowed.

Each time a person pulls the ball out of the grip of the other person; the person still holding the ball gets the point. The most points in a 60 second time frame wins.



Crab Soccer

Format: 2 even teams of people

Supplies Needed: Stability Ball or Medicine Ball

How to Begin: Divide the class into two teams of even people. Everyone will get in a “crab walk” position. Make two goals using cones that are about 5-8 large steps in width.



Objective: The team that scores the most goals at the end of a 5-10 minute time frame wins.

Rules: Each team must pick a “goalie” to defend the goal. The rest of the team must kick the ball using their feet and try to get it past the other team’s goalie to score a point.

To start have each team as far away from the center of the floor as possible. Place the ball in the center of the room. When you call out “go”, the game will begin.

Everyone must stay in a “crab walk” position.

Tip: For lower ceilings use a medicine ball. For higher ceilings a stability ball will work best.



Sumo Slap Tag

Format: Everyone grabs a partner (teams of 2).

Supplies Needed: None

How to Begin: Each person will crouch in a “sumo” position in front of their partner. They should be positioned about “arms reach” apart.



Objective: The person with the most points at the end of 30-60 seconds wins.

Rules: Each person will crouch in “sumo” position while keeping their hands up about head level.

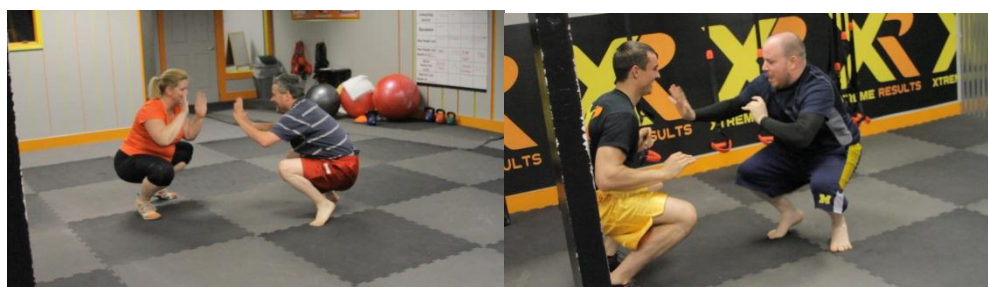
Each person will try to knock their partner off balance by slapping their partner's hands or by moving their hand out of the way of incoming slaps.

If anyone loses balance by falling on their butt or touching their hands/ knees to the ground, the other person gets a point.

Make sure each partner keeps track of their points. The person with the most points after 30-60 seconds will win.

Partners are to remain stationary during this game.

This is a "slapping" or "light/fast" touch game, NOT a wrestling match. Partners should never lock hands and turn this into a strength battle. This is a game of speed and coordination.



King Crab

Format: Every person for themselves!

Supplies Needed: None

How to Begin: Have everyone in the class spread out across the floor in a "crab walk" position.



Objective: The last person standing wins.

Rules: Each person will move around the floor trying to knock their opponents off balance using their legs to sweep the arms/legs of their opponents.

If a person's butt touches the ground they are "out".

People who are "out" will wait on the sidelines holding a Reverse Plank.

The last person standing will be crowned the "King Crab".

Everyone MUST remain in a "crab walk" position for the duration of the game.

Remind everyone to be “nice” during this game. Sometimes people can get carried away and accidentally hurt someone.



Cross the Swamp

Format: Teams of 4-6 people.

Supplies Needed: Weight Plates or Square Pads

How to Begin: Have each team stand on a line of weight plates.



Objective: Each team has to remain standing on the plates and move their team to the finish line. The first team to cross the finish line wins.

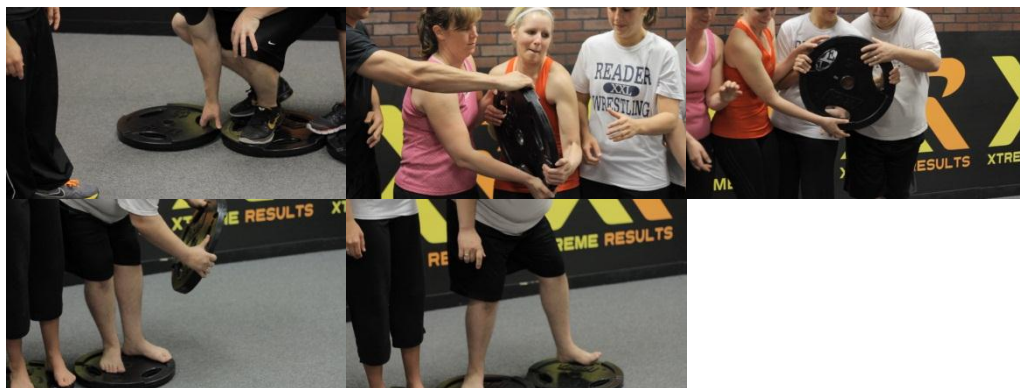
Rules: To start, the person at the back of the line must maneuver onto their team's line of plates while getting off of the plate they are standing on. They then have to pick up the plate they were standing on and pass it up the line of teammates to get it to the front of the line. Once it reaches the front of the line, the plate is then placed on the ground and the team can move forward. This repeats until the team has crossed the finish line without touching the floor or “falling into the swamp”.

If a teammate falls off of the line of plates and touches the floor, the team must start all over at the starting line.

The WHOLE TEAM must remain on the plates at all times.

Each team can only move one plate at a time through the line of people.

Tip: If you do not have enough plates for each team or do not want the plates pressing into your floor, use square target pads or anything else they can stand on and transport.



Cross the Swamp (BONUS)

Format: Teams of 4-6 people.

Supplies Needed: Weight Plates or Square Pads

How to Begin: Have each team stand on a line of weight plates.



Objective: Each team has to remain standing on the plates and move their team to the finish line. The first team to cross the finish line wins.

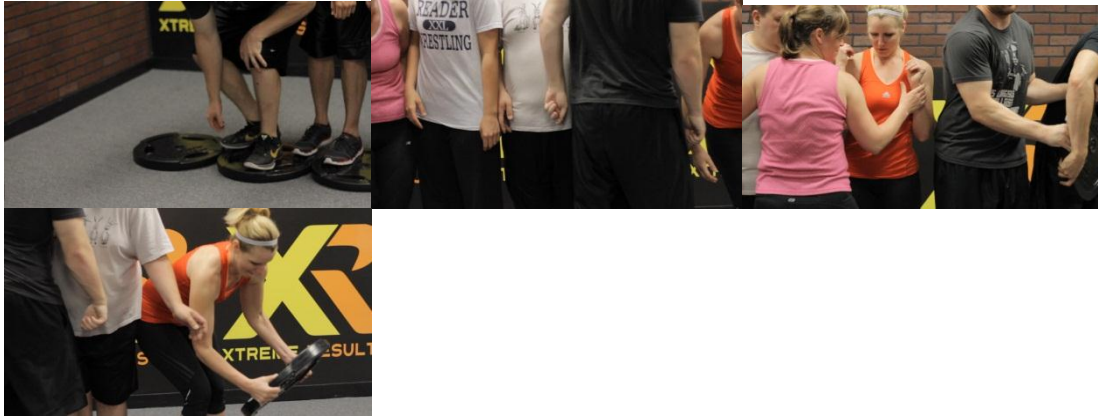
Rules: To start, the person at the back of the line must maneuver onto their team's line of plates while getting off of the plate they are standing on. They then have to pick up the plate they were standing on and pass it up the line of teammates to get it to the front of the line. *After the plate has been passed, the person on the end who picked up the plate, has to move up to the front of the line. Once it reaches the front of the line, the plate is then placed on the ground and the team can move forward. Since the person who picked up the plate is now at the front of the line, there will be a new person that will have to pick up the plate. This variation allows everyone to get a chance to pick up the plates.* This repeats until the team has crossed the finish line without touching the floor or "falling into the swamp".

If a teammate falls off of the line of plates and touches the floor, the team must start all over at the starting line.

The WHOLE TEAM must remain on the plates at all times.

Each team can only move one plate at a time through the line of people.

Tip: If you do not have enough plates for each team or do not want the plates pressing into your floor, use square target pads or anything else they can stand on and transport.

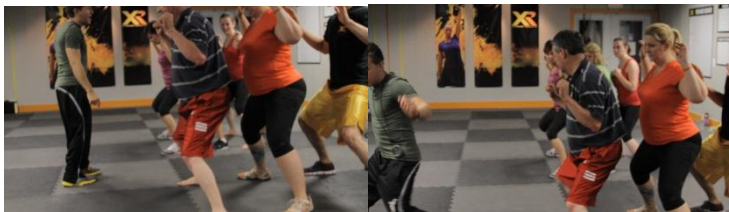


Squat Hold Snake

Format: Teams of 5-10 people

Supplies Needed: None

How to Begin: Each team will stand in a single file, line facing the same direction. Then everyone will hold in a “Squat” position.



Objective: The first team to cross the finish line wins.

Rules: The person at the back of the line has to crawl between the legs of their “squatting” teammates and get to the front of the line. Once the person has reached the front of the line, they will hold the “squat” position and the new person at the back of the line will crawl through next.

Repeat this process until the team slowly advances over the finish line.

Once the last person in line passes the finish line, that team wins.

Make sure everyone holds a squat position.



Conveyer Belt

Format: Teams of 6-10 people

Supplies Needed: None

How to Begin: Each team will lie down on the ground, each person side by side. Make sure to stagger one person face up and one person face down throughout the length of the line. One person will be the “package” and will not be a part of this line.



Objective: Each team must move their “package” down the conveyer belt until the package reaches the finish line.

Rules: To start, the package will lie down on top of the “conveyer belt”. The teammates that make up the “conveyer belt” will roll in the same direction to move the package toward the finish line.

As the package moves off of the last person in line, that person must run to the front of the line and start rolling to keep the line moving. Repeat this process until the package has reached the finish line.

If the package falls off of the conveyer belt the team must start over.

The “package” cannot move at all. The “conveyer belt” must do the work.

Tip: The best “package” is usually the smallest teammate.



Tug of War

Format: 2 even teams of people.

Supplies Needed: A battle rope.

How to Begin: Designate a line on the floor as the center point. Each team grabs hold of the rope, evenly spaced from the center point.



Objective: The team that pulls the other team across the center line wins.

Rules: Everyone in the team must have grip of the rope.

People cannot wrap their arms around the rope; they can only use their hands.

When you say “go”, both teams pull until the other team crosses the center line.



Human Hungry Hippos

Format: Everyone grabs a partner (teams of 2).

Supplies Needed: Resistance bands, tennis balls

How to Begin: Everyone will grab a partner. They are a “team”. Once everyone has a teammate, you will split them up by pairing one of the teammates with someone from another team. Once everyone is in a “competing team”, the game can begin.



Objective: The team with the most points wins.

Rules: To start, one person in the “competing team” will put a resistance band around their waste. The other person (who is working against them) will try to pull that person back making it harder for them to grab the tennis balls.

Each competing team will make a big circle around the center of the room. Preferably, each team should be a good 5-8 steps away from the center of the circle (depending on the bands).

Place a large amount of tennis balls in the center of the circle.

When you say “go”, the person with the bungee around their waste will run towards the center of the circle and try to grab as many tennis balls as possible, while the person working against them pulls them back. They may only grab ONE ball at a time.

When every tennis ball is gone from the circle, the game stops, balls are tallied up and the points are logged. They get one point per ball.

Switch partner rolls: person in the resistance band is now going to pull and the other person will grab tennis balls.

Once everyone has received a chance to grab tennis balls, each person will get back with their original teammate and combine their points to get a team total.

The team with the highest points will win.

Tip: If you don't have tennis balls, any type of small ball will work or something people can grab easily.



Tennis Ball Over/Under Race

Format: Teams of 6-10 people.

Supplies Needed: Tennis Balls

How to Begin: Each team stands in a single file line, everyone facing the same direction. The person at the front of the line will hold the tennis ball.



Objective: The first team to get back into the “starting order” of people wins.

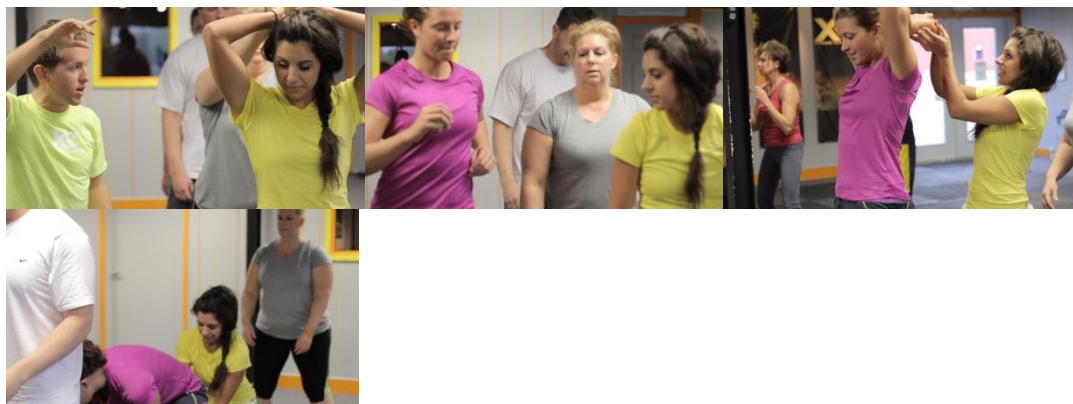
Rules: When you say “go”, the first person in the team will pass the tennis ball over their head to the person behind them. Then, that person will pass the ball between their legs to the person behind them. This “over/under” pattern will repeat until the tennis ball has reached the person at the end of the line.

Once the ball is at the end of the line, that person will run to the front of the line and start the cycle all over again by passing the ball over their head to the person behind them.

Once a team has returned to the same “starting order” of people, that team has won the game.

If the ball drops, the ball has to start back at the front of the line.

*For more variation use more than one ball per team.



Hand Hockey

Format: 2 even teams of people.

Supplies Needed: One tennis ball , four orange cones and padded or a “soft” floor is recommended.

How to Begin: Make a goal using orange cones. Space them about “3 big steps” apart. Everyone must play this game from their knees.



Objective: The person with the most points at the end of 5-10 minutes wins.

Rules: To start, everyone must be standing on both knees. Have each team select a goalie to protect the goal. Then, pick someone from each team to start the “faceoff”. When each team is spread out on their sides, you will drop the ball between the two people taking the “faceoff”. This will start the game.

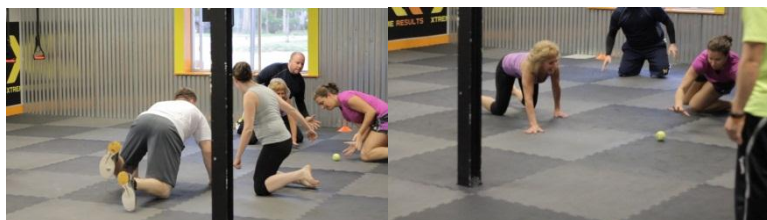
Each team must use only their hands to pass the ball to their teammates trying to get it into the goal of the opposite team.

EVERYONE MUST STAY ON THEIR KNEES FOR THE DURATION OF THE GAME.

Every time a team scores by getting into the opposite teams goal, they are rewarded with one point.

At the end of the time period the team with the most points wins.

NO THROWING THE BALL. The ball can only be slapped with an open hand. No grabbing or lifting the ball either. Remember, their hands are acting like “Hockey Sticks”.



Back to Back Balloon Race

Format: Everyone grabs a partner (teams of 2).

Supplies Needed: Balloons (blown up)

How to Begin: Each person will stand “back to back” with their partner and place a balloon between them.



Objective: The team that goes down the floor and back to the starting line first without losing their balloon wins.

Rules: When each team is in the starting position, call out “go” to start the race. They are then to move to one end of the floor then back to the starting line to finish. The first team to cross back to the starting line without losing their balloon wins.

If the balloon is lost, teammates have to grab it and return to the starting line in the “starting position”. Then, begin the race again.

If the balloon is popped then the team is disqualified. *(Always have extra balloons in case this happens)*



Everybody is “IT” Tag.

Format: Every person for themselves!

Supplies Needed: none

How to Begin: Have everyone spread out.

Objective: The last person standing wins.

Rules: When you say “go”, everyone starts tagging people.

If a person is tagged, they must go down to one knee and wait for the game to end.

The last person standing who did not get tagged will win.

You will probably have to repeat this game a few times because it does go by really quick.

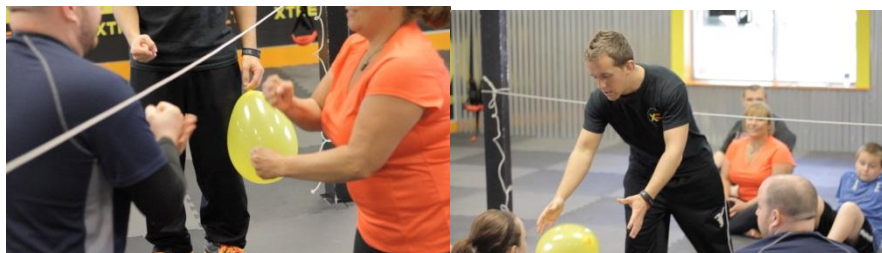


Indoor Foot Volley Ball

Format: Two teams (no more than 10 people per team)

Supplies Needed: String, something to tie the string to, and one balloon.

How to Begin: Blow up a balloon as big as you can get it without popping it. Divide the class up into two teams. Have everyone get into a crab walk position on the ground. Tie a string between to posts or two chairs. The string should be about hip height off of the ground. If you have a large amount of people in a class, you may need to make two courts for people to play in.



Objective: The team who has scored the most points at the end of a time period wins. If you are short on time you could also do “first point wins”.

Rules: To start, determine which side gets the balloon first. We use the “rock paper scissors method”. The team who is starting gets to serve first. Again, make sure everyone is on the ground in a crab walk position.

From the crab walk position, the teams must use their feet to hit the balloon over the string and onto the other team’s side. If the balloon touches a team’s side, the opposing team gets a point.

When a team gets scored on, that team gets to serve the balloon next.

If a team hits the balloon under the string, it counts as a point to the opposing team. It has to go over string.

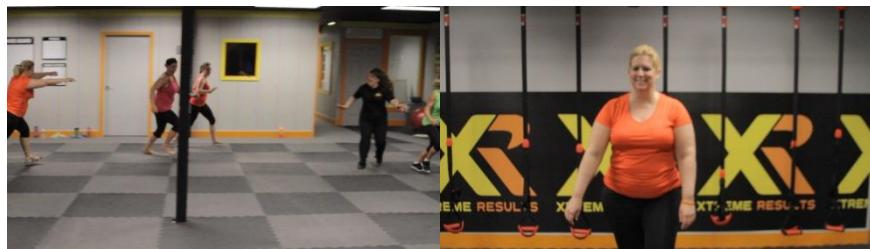


Zombie Apocalypse

Format: One person singled out, every one for themselves.

Supplies Needed: none

How to Begin: designate one person to be the “Zombie”. Have everyone else spread out across the floor.



Objective: Last person standing wins.

Rules: The “zombie” will run around and try to tag everyone. When a person is tagged they become a “zombie”. Now they have to try and tag people too.

The last person who did not get tagged wins the game.

If you wanted to play again, have the person who won the last game be the zombie to start the new game.



Commando Relay

Format: Teams of 5-8 people.

Supplies Needed: none

How to Begin: Have each team hold in a pushup position in a single file line. The person on the end opposite from the finish line will start.



Objective: First team to cross the finish line wins.

Rules: The person who is starting will army crawl under their teammates to get to the front of the line.

Once they reach the front of the line, they will resume the pushup position and hold.

This will continue until the line has crossed the finish line.

Make sure each team keeps a tight line of people. Try not to let them spread out too far apart while in the pushup position.



Referral Card Balance Relay

Format: Every person for themselves.

Supplies Needed: Gift Cards

How to Begin: Have everyone place a gift card on their head somewhere. Usually on the top of their head or if they are sweaty they can stick it too their foreheads. Then, have everyone line up in a single file line at one end of the classroom.



Objective: First person to make it back to the starting side with the card still on their head wins.

Rules: When you say “go”, everyone will run down to the opposite side of the floor and do 20 squats. When they are finished they have to run back to the starting side.

The card must stay on their head at all times. If the card falls off they must start over at the starting line.

First person to cross back to the starting side wins.



The Card Game

Format: Everyone for themselves

Supplies Needed: Deck of Playing Cards

How to Begin: Have everyone spread out on the floor. Get a deck of cards and pull out all of the face cards. Write up your “key” on a small piece of paper and hang on to it.



Objective: Finish all of the exercises in the pile of cards.

Rules: On a small piece of paper list: Jacks, Queens, Kings and Aces. Below that write the four suits: Spades, Clubs, Hearts and Diamonds.

Next to each Face card name write an exercise. Next to each suit write a repetition. I usually go with 10, 12, 15 and 20.

Shuffle up the cards and flip over one card at a time. You may also have a member draw a card for variety.

Whatever card they draw (or you draw) will determine how many reps of a certain exercise the class must perform. Repeat this process until you have gone through all of the cards.

When they finish the reps, have them run in place and wait for their team to finish before drawing the next card.

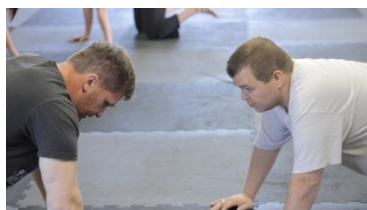


Pushup Balance

Format: Teams of Two People

Supplies Needed: None

How to Begin: Have everyone hold a pushup position in front of their partner, facing each other.



Objective: To knock their partner off balance as many times as possible in the time period.

Rules: When you say “go”, both partners will try to hold their pushup position while trying to knock their partner out of theirs.

They may only use hands to sweep the arms.

Every time the partner falls out of pushup position, the opposite partner gets a point.

Have each partner track their points.

We usually run this game for about 30-60 seconds. Then we crown the winner and switch partners.

