

Body First



ROCK PAPER SCISSORS FIT CHALLENGE

WHAT YOU NEED:

- Bean Bags (or bandannas, tennis balls, poker chips, wine corks, or some way to keep score) ~4-5 per person
- “Home Base” per player. AKA a way to mark each player’s “home”, this is where a player will bring your Bean Bag when you win a round
- Index Cards = to the # of Bean bags.
- Writing utensils

HOW TO PLAY:

1. Each Player Takes an equal # of Index Cards and write Body Weight Exercises on each card.
2. Place all Bean Bags and all Index Cards face down in the center in challenge circle
3. Place each Home Base about 5-15 yards from the center challenge circle.
4. 2 Players meet in the center and one player flips over an index card and reads the body weight exercise. Then both players play **ROCK PAPER SCISSORS**.
 - ◇ Winner– Takes a Bean Bag and runs it back to their home and then returns to the Challenge Circle
 - ◇ Loser and all other players– **Do 5 X Exercise** on the card.
 - ◇ Loser returns to home and next player comes to the Challenge Circle.
5. Repeat Step 4 until all bean bags are gone.

WINNER= Person with the most bean bags

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Body Weight Exercise Ideas

PUSH-UPS

BURPEES

SQUAT JUMPS

HIGH KNEES

SIDE PLANK HIP DIPS

GLUTE BRIDGE

MOUNTAIN CLIMBERS

JUMPING JACKS

PLANK SHOULDER TAPS

HIGH KNEES

PLANK JACKS