Tap Ball
Fun, simple game that everyone knows from childhood...

**Players:** 2+

**Equipment:** Balloon or Beach Ball

**Game:** Remember as a kid when you and some friends would try to keep a balloon from hitting the ground? Take that concept, add some burpees, and, voila, you have a great group fitness game! Very simply, put players in teams of anywhere from 2 to 10 people, and have them take turns hitting the ball into the air. The team that keeps it in the air the longest wins. Beyond simply running around for the ball, the fitness component comes into play with players **having to complete a quick exercise like a certain number of burpees or squat jumps before they can hit the ball again.** If you only have enough people for one team, you can give them the goal of achieving a certain number of consecutive hits or amount of time they must keep the ball airborne. The nature and intensity of the exercise used can be changed so that **this game is suitable as anything from a warm-up to a finisher.**

You can also play this as a **2 player partner game.** Depending on how much the wind is a factor, I may or may not have clients have to drop chest to the ground or squat and touch the ground between touches. If the wind is bad they will be running plenty anyway and getting the warm-up that way:

**Variation:**

- **Tag 'n Tap:** Same rules as above, but instead of reps, **players must run to a set marker or cone before returning** to playing are to tap the ball. It’s impossible to play this version in the wind, unless the instructor acts as a moving marker and follows the team.
**Speed Switch**

Keep your ears and eyes open for this versatile big team game...

**Players:** 4+

**Equipment:** None, or Cones

**Game:** This game works as a warm-up or a finisher depending on the intensity of the chosen exercises. Give everyone a cone (or just use mats if you use them in your class). If you have a large open area have **all players spread out randomly around the space and place their cone (or mat) at their spot beside them.**

If your space is limited you can tell everyone to arrange themselves in a line. On “go”, all players will begin doing a base exercise (ie: Jumping Jacks). The instructor will then call out two player names (ie: “Jen, Joe”). Upon hearing their names, **those players must each sprint over to the other person’s spot and begin doing the base exercise**, at which point the instructor then calls two more names. This goes on for 10 rounds. The players have the incentive to run fast so that the rounds are quicker and the game is over sooner. **To kick it up a notch, you can start calling 3 or more names each round.** This makes the players have to be more alert and signal to each other where to run, because two players can’t both run to the same spot!

Some other fun calls you can make for who must switch:

- Everyone wearing blue (or X color)
- Everyone who missed the last class
- All the guys (or girls)
- Everyone! ← Best for the last round
Cone Scramble

Fast-moving game for small/large groups that incorporates isometric holds...

**Players:** 5+

**Equipment:** Cones

**Game:** Before starting, randomly place out as many cones as you have players minus a few (you want less cones than players). The **goal of the game is to scramble to a set number of cones and complete a set number of exercises.** What makes the game more interesting is that **you can only do your reps at “open” cones** (ie: no one else is doing their reps there) and you have to move to a new cone every set. If you can’t find an open cone, you have to **“reserve” that cone by waiting nearby and doing an isometric exercise.** So, for example, one round the goal could be to complete 10 push-ups at 10 cones, and you have to hold iso low-plank to reserve a cone. The game in action:

*Pro-Tips:* Some good holds to use are iso-squat, iso-low-plank, iso-high-plank, and v-sit. **For fun you can make the players have to hold the cone on their head like a hat while holding their exercise.** The further you spread out the cones, the more running will be involved. I only allow one person to hold and reserve each cone. Make sure you start all players from the same spot.

**Variation:**

- **Hard Scramble:** You can up the intensity and **make this a great finisher by choosing all hard cardio exercises** (burpees, for example), putting the cones very far apart, using more cones than people, and eliminating the holding/reserving.
Rep Race Tag
Tag game for large groups that incorporates running and repping, and is great for challenging your advanced clients...

**Players:** 4+

**Equipment:** None (just cones or markers)

**Game:** Set up 10 cones about 10 yds apart in a straight line going away from the group. **Pick 1-3 people to be taggers. Everyone else will be trying to advance through the cones to the end.** Players advance through the cones by doing a number of reps of a given exercise (ie: push-ups) based on their ability level, and then running to the next cone and continuing on. **Anytime someone is tagged by a tagger they must run back to the beginning and start again** (or you can have them move back to previous cone – depends on group size). The taggers cannot just tag freely; they must perform 5 jump burpees before each tag. So basically it is a race against time. **If someone makes it to the last cone and touches it, the taggers lose and everyone else wins.** This helps create great team spirit.

I usually do rounds of about 5 minutes, with a different cone exercise each round and different taggers. Also, the players are allowed to run away and avoid taggers but they always have to come back to the proper cone to continue where they left off (assuming they weren’t tagged and sent back to beginning).
Tower of Reps

Fun free-for-all dice game for two people or more that takes a different kind of balance...

Players: 2+

Equipment: Dice, Flat Surfaces

Game: Line all the players up and place a big pile of dice about 30 yards away from the players. **The objective is to have the tallest stack of dice at the end of the round.** A good length for rounds is no longer than 6-8 minutes (otherwise you’ll just have a bunch of frustrated people with a lot of falling towers). On “go”, players will:

1. **RUN** to the dice pile to get a die and run it back.
2. **ROLL** the die.
3. **REP** (Do **DOUBLE the number they rolled**).
4. **STACK** the die.

If at any time a player’s stack tumbles down, **they lose one die** and put it off to the side, **rebuild their tower, and continue**.

I like to play several rounds of this, each with a theme (ie: warm-up exercises, all-abs, all-legs, etc...). **The winner(s) of a round must then do TRIPLE reps** for each die roll for the next round(s), and so on. I typically announce a new exercise change every two minutes, doing 3 or 4 different themed exercises in total.

Runners return from getting their die during an ab round.

**Pro Tip:** Older folks may have trouble stacking the dice. Also, this game wont work well in windy areas!

**Variations:**

- **Balance or Burpees:** Instead of losing one die for a tower fall, the player keeps all their dice but has to knock out 10 burpees before rebuilding and continuing.
Hold the Line

Here’s a game great for groups large or small, where teams actually help each other...

**Players:** 4+

**Equipment:** None. Large space required.

**Game:** Split all players into 2 even teams and setup 10 cones in a straight line spaced about 10-15 yds apart. Team 1 will form a line at the first cone, and Team 2 will form a line at the next cone, both teams facing down the line. It will look something like this:

Team A will “hold the line” by holding an exercise (low plank, for example), while, at the cone behind them, Team B completes reps of a given exercise (push-ups, for example). As Team B players finish their reps, **they run past Team A and begin holding a new exercise.** It is now Team A’s turn to complete reps of a new exercise and continue the cycle. This repeats until the 2 teams have worked all the way down to the last cone. Some good “hold” exercises to use are high and low plank, iso squat, iso lunge, heel hold, and iso push-up.

**Variations:**

- *Crawl the Line:* Same rules but instead of running to the next cone, players must bear crawl and/or lunge walk.
- *To Hell and Back:* Same rules but instead of stopping once the last cone is reached, teams will backtrack all the way back to the beginning!