

Flip a Cup Workout



Directions: You need a partner or group of 3-4 for this workout. One person flips a cup, trying to get it to flip over, while the others are completing the exercise for the round UNTIL the cup is flipped correctly. All members try to flip the cup in each round before it switches to the next exercise. If the cup lands on the first try, everyone does 10 burpees before going to next person.

[Link to timer](#)

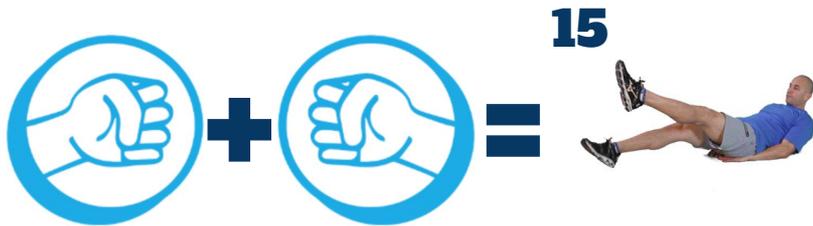


- Round #1** → squats
- Round #2** → bicycle crunches
- Round #3** → forearm plank
- Round #4** → mountain climbers
- Round #5** → jump squats
- Round #6** → wall sit
- Round #7** → jumping jacks
- Round #8** → flutter kicks
- Round #9** → hold streamline

RPS Partner Workout



Directions: Find a partner and play Rock, Paper, Scissors. Then use the results to determine which exercise you need to do. Spend no more than 15-20 minutes. [Link to timer](#)



Swimo Workout

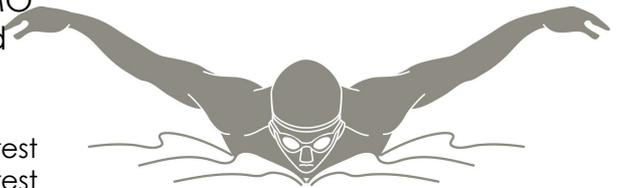
Directions:

- **Option 1:** Play until you get SWIMO
- **Option 2:** Play to clear the board
- **Option 3:** Play for X min

Level 1: 1 x Through Each Ex: :45 on + :30 rest

Level 2: 2 x Through Each Ex: :30 on + :15 rest

Level 3: 3 x Through Each Ex: :20 on + :10 rest



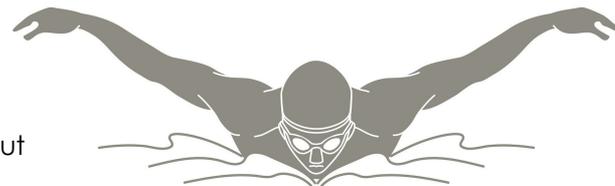
[Link to Swimo Caller](#) [Link to timer](#)

S	W	I	M	O
 Situps	 Jumping Lunges	 Squats	 Delta Push Ups	 Push Ups
 Reverse Crunch	 High Knees	 Donkey Kicks	 Supermans	 Elevated Leg Pushups
 Bicycle Crunches	 Mountain Climbers	 Tuck Jumps	 Fire Hydrant	 Plank Up Downs
 Flutter Kicks	 Plank Tuck Jumps	 Elevated Leg Lunges	 Alt Arm/Leg Plank	 Plank Shoulder Taps
 Leg Raises	 Reverse Lunge Kick	 Tricep Dips	 Reverse Angels	 Incline Pushups

Dice Workout

Directions:

Players each throw two dice.
1st number is DOWN, 2nd is ACROSS.
→Option 1: Play to clear the board
→Option 2: Play for X min



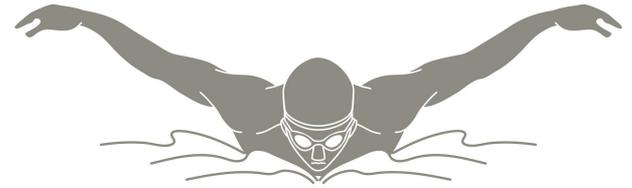
Repeat exercises if you get it again, but don't repeat items that can't be completed again, so you roll again.

[Link to timer](#)

[Link to dice](#)

						
	Do 30 seconds of jumping lunges	Do a 45 second plank on your elbows	Lie down on the floor in streamline and do 10 Vups	Do 20 mountain climbers on each leg	Do 10 burpees with a streamline jump at the end	Take out the trash at the end of the game or after dinner
	Streamline jump 10x, touching the floor with both hands after each jump	Vaccum the living room at the end of the game	Run on the spot with high knees for 30 seconds	Rock, Paper, Scissors with an opponent Loser has to do 8 burpees	Step up on a chair 10x each leg	Lie down on a kitchen chair and swim freestyle for 20 seconds
	Do a 30 second plank on your elbows	Do 15 streamline sit-ups, all the way up	Do 10 push-ups on toes, knees or against the wall with good form	Do a silly dance for 15 seconds	Do cross jacks for 45 seconds	Run on the spot with butt kicks for 30 seconds
	Do 5 pushups on toes, knees or against the wall with good form	Hold a book in each hand in front of chest and raise arms above head 15x	Set the table for dinner this evening	Do 30 bicycle crunches	Do 20 squats	Do front lunges with big steps, 10 each leg
	Do jumping jacks for 1 minute	Tell a player one thing you admire about them	Wall sit for 1 minute with knees at 90 degrees	Stand in a proper streamline position for 30 seconds	Sing a song for everyone (Your choice)	Sit down on the floor and stand up 5x. Can't use arms!
	Do 20 tricep dips on a kitchen chair	Lie down on your back on the floor. Do small fast flutter kicks for 1 minute	Everyone does a 45 second plank on your elbows	Do 20 streamline situps	Clean up and do dishes after dinner	You can choose an exercise for another player

Bouncing Quarters Workout



Directions: In small groups of 2-4, each person will take a turn at trying to bounce a quarter into a cup, which equals 1 round. If you miss, everyone does the exercise. If you make it, everyone does high knees for :30 seconds. If, after 3 rounds in the group, no quarter makes it into the cup, the whole group will do double the reps for the movement for the next round. You can supplement this workout with running or it can be your full workout. If you are doing this as your entire workout you can repeat as needed, no more than 30 minutes.

[Link to timer](#)



Round 1 = 10 v-ups

Round 6 = 35 bicycle crunch

Round 2 = 15 push ups

Round 7 = 40 mtn climbers

Round 3 = 20 sit ups

Round 8 = 45 sec plank

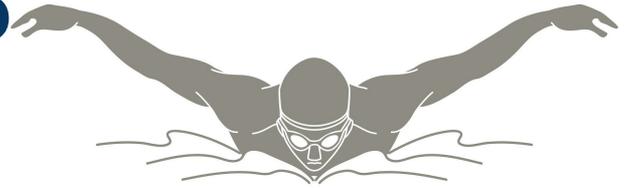
Round 4 = 25 squats

Round 9 = 50 flutter kicks

Round 5 = 30 sec wall sit

Round 10 = 55 jumping jacks

Crazy Quarters Workout



Directions: You have 6 minutes for each set, you rest with whatever time is leftover. You will repeat this 5 times. Adjust the reps of the exercises as needed for your fitness level. Run each set at the same pace; a pace you can sustain, but cannot hold a conversation comfortably. You can do this anywhere, even indoors with a treadmill but I highly recommend bringing it outside.

Goal: To get 1-2 minutes of rest between each set, depending on how fast you run.

[Link to timer](#)



Run $\frac{1}{4}$ of a mile
10 push-ups



20 bicycle crunches

30 second side planks
(each side)



Flip it Partner Workout



Directions: Find a partner, get 2 water bottles filled about $\frac{1}{3}$ of the way and you each flip them. Then use the results to determine which exercise you need to do. Spend no more than 15-20 minutes.



+



=

20



OR

15

[Link to timer](#)



+



=

10



OR

20



+



=

6

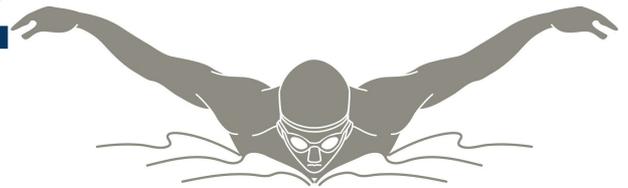


OR

8



Cardio Crusher Workout



Directions: Complete each exercise for the interval listed in order 2-1-:30. If you are doing this as your entire workout you can repeat 1, 2 or 3x. Or you can repeat each interval section 2x before moving to the next interval grouping. Spend no more than 30 minutes.

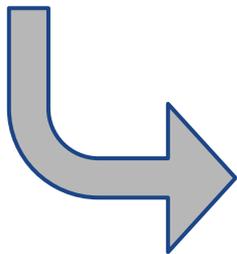
2 Min Intervals

60 secs jumping jacks
60 secs side to side leaps
→ rest 60 secs ←
60 secs run in place
60 secs shuffle side to side

:30 Sec Intervals

30 secs star jumps
→ rest 15 secs ←
30 secs squat jumps
→ rest 15 secs ←
30 secs jumping lunges
→ rest 15 secs ←
30 secs cross jacks

Rest 1 min



1 Min Intervals

60 secs mtn climbers
→ rest 30 secs ←
60 secs burpess
→ rest 30 secs ←
60 secs high knees
→ rest 30 secs ←
60 secs squat jumps

Rest 1 min



[Link to timer](#)

1 Room Cardio Workout



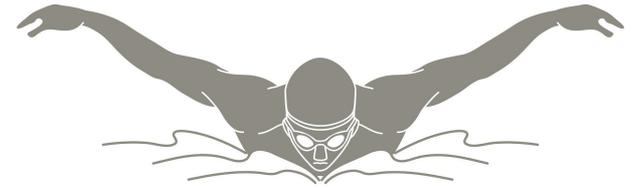
Directions: Complete each exercise for the reps/time listed. You can supplement this workout with running or it can be your full workout. If you are doing this as your entire workout you can repeat, no more than 30 minutes.

[Link to timer](#)

-
- 20 jumping jacks
 - :30 high knees
 - :30 butt kicks
 - 5 jump squats
 - 20 high knees (total)
 - :30 mountain climbers
 - :30 water break
 - 5 burpees
 - 20 jumping jacks
 - :30 jump rope
 - 5 split jump squats
 - 20 high knees (total)
 - 30 jumping jacks
 - :40 jump rope
 - 5 burpees
 - :20 butt kicks
 - :15 run in place
 - :30 water break
 - 20 jumping jacks
 - 10 lateral jumps
 - 5 jump squats
 - :30 jump rope
 - 5 tuck jumps
 - :30 water break

Countdown

Workout #2

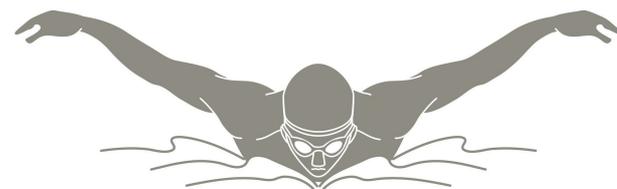


Directions: Complete each exercise for the reps/time listed. You can supplement this workout with running or it can be your full workout. If you are doing this as your entire workout, repeat the circuit 2-4x, no more than 30 minutes, resting :30 seconds between each round of reps.

- 60 second wall sit
- 50 squats
- 40 alternating lunges
- 30 jumping jacks
- 20 tricep dips
- 10 push-ups

[Link to timer](#)

10 x 10 Workout



Directions: Complete the workout in order as many times as you can in 30 minutes. Check off each round as you complete it, grab a sip of water and start the next round. Keeping track of where you end allows you to set a goal to improve next time!

- 10 jumping jacks
 - 10 bicycles (10 per leg)
 - 10 squats
 - 10 knee grab sit-ups
 - 10 Forward Lunges (5 per leg)
 - 10 leg lifts
 - 10 Reverse lunges (5 per leg)
 - 10 scissors toe touches (10 per leg)
 - 10 push-ups
 - 10 burpees
- [Link to timer](#)
- Round 1
 - Round 2
 - Round 3
 - Round 4
 - Round 5
 - Round 6
 - Round 7
 - Round 8
 - Round 9
 - Round 10

Color Chaos

Workout #3



Directions: Draw 7 cards. The specific number or label on the card determines the exercise. Perform the exercise for all 7 cards before you get new cards. Continue drawing cards for 30-40 minutes max.



0-4

20 bicycle crunches



5-9

20 high knees



DRAW 2

20 jumping jacks



DRAW 4

20 tricep dips



SKIP

1 minute wall sit



REVERSE

1 minute plank



WILD

10 burpees

[Link to game online](#)

[Link to timer](#)

[Link to printable cards](#)
Password: worksheets.site

Color Chaos

Workout #2



Directions: Draw a card. The color determines the exercise. Perform the exercise for the number of reps on the card, 0 means you get a water break. Skip, Reverse or Wilds are “minute cards” and you must complete the given exercise for 1 minute. A Draw +2 or a Draw +4 means you take 2 or 4 more cards and complete ALL the exercises before drawing a new card. Continue drawing cards for 30-40 minutes max.

Number on card is PER SIDE



Lunges



**Plank
Shoulder
Taps**



Sit-ups



**Mountain
Climbers**



**Flutter
Kicks**



**Wall
Sit**



**Leg
Raises**

[Link to timer](#)



**Run 2 or 4
Minutes
(Outside or in place)**

[Link to game online](#)

[Link to printable cards](#)
Password: worksheets.site

Color Chaos

Workout #1



Directions: Draw a card. The color determines the exercise. Perform the exercise for the number of reps on the card, 0 means you get a water break. Skip, Reverse or Wilds are “minute cards” and you must complete the given exercise for 1 minute. A Draw +2 or a Draw +4 means you take 2 or 4 more cards and complete ALL the exercises before drawing a new card. Continue drawing cards for 30-40 minutes max.



Push-ups



Squat jumps



Sit-ups



Jumping Jacks



Forearm Plank



Wall Sit



Hold a Streamline

[Link to timer](#)



Draw 2 or 4 more cards



[Link to game online](#)

[Link to printable cards](#)

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