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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 Body Weight 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 Body Weight Games, please follow your doctor's orders.

Why should I use games in my current business?

I am not going to sit here and try to “sell you” on the idea of using games...at least not yet. Ha! I know crazy right? Instead, I am going to tell you the truth about what is going on with your clients and potential clients.

The big hard truth is that your clients can get a workout at any kickboxing, MMA, boot camp, dance studio or aerobics facility. In your head, you are the best and coolest place out of all of those, but in their heads there is no difference between your program and a local “dance aerobics” class at the community center.

You need to establish things in your curriculum and business structure that will distinguish you from those other types of activities. Something that will create an “experience” that people can’t get at any other facility. When you have something or “somethings” that are that unique, it doesn’t matter where you are located, how many staff members you have or how up to date your facility is...people will be lined up to train with you!

That is why I chose to use Fitness Games as my “differentiation tool”... Okay now I’m going to talk a little about Fitness Games. Ha ha.

I knew no one else in the area was playing games and I knew from personal experience that people LOVED playing them, so I took the leap of faith and gave it a shot.

As soon as I incorporated them into my boot camps, we were the talk of the town. Pictures were being posted on Facebook. People were blowing up the comments on those photos. It was like the “perfect storm” of buzz that generated us tons of new leads. This is why I am giving you these games today.

The amount of fun and excitement that will be going on in your facility will be staggering. I know this sounds too simple to be true, but think about it for a second...

After a long crazy workout (which I’m sure you deliver), would you personally want to have some fun or just keep getting your butt kicked?

I can tell you right now, some people will be talking about how great your workout was, but MORE people will be telling you about how much fun they had.

Keep in mind, **people don’t remember what you said or what you made them do, they remember how you make them feel**. If they feel energized and pumped up, then they will keep coming back and keep telling their friends about your program. That, my friend, is EXACTLY what we want to happen ☺

How to Use These Games

If you want to get the most out of your games there are a few things you need to know first.

1. Play music while you play games. It keeps the energy levels high.
2. Make sure you have the “supplies needed” to play each game. This means you should pick a game before the session starts. This way you are prepared.
3. If it is your first time playing a fitness game, don't tell your clients it's a game until after they have played it. Just explain the rules and tell them what to do. Act like it is another form of training (because it is).
4. If applicable, have some type of prize picked out for the winning team and a punishment for the losing team. You could even do something like: the winning team gets to count the other team's pushups.
5. Make sure your energy level is high when you are explaining the rules. If you sound excited then everyone will be excited and these games will work great.
6. Make sure to take pics and post to Facebook. This makes you look like the “non-boring workout” or “cool gym”.

When to play the Games

I usually recommend playing the games at the end of a training session; although, from time to time, I will play an “easier” game for the warm up.

Another great idea is to have a day where you just play fitness games for the whole session. Pick harder more challenging games for more of a workout.

To see examples of more challenging games [CLICK HERE](#).

Without any further waiting...

HERE ARE YOUR GAMES!

Body Weight Games

(Click the links below to take you to specific games)

[Rob the Safe](#)

[Moving Planks](#)

[Burpee Crawl Under Race](#)

[Abacus](#)

[High Jump Circle Race](#)

[Under Arms](#)

[Wounded Crab Race](#)

[Crawl Under Statue Race](#)

[Pyramid Pushup Shuffle](#)

[Pushup Rotation Race](#)

[Mini Circle Chase](#)

Rob the Safe

Format: Teams of two people

Equipment Needed: None

Setup: Have everyone grab a partner and then have them stand on opposite sides of the floor, facing each other.



Objective: The first team to achieve a completion wins.

How to Play: Designate one partner to be the safe and the other to be the “robber”.

The person who is the safe will do squats in place on one end of the floor.

The person who is the “robber” will be given a combination by the instructor. This combination will consist of 5 different exercises and 5 different reps for each exercise.

Example: 10 - burpees

12 - squat hops

14 - cross body mountain climbers (on each side)

16 - jumping lunges

18 – pushups



The “robber” will have to perform all of the exercises on the list in that order with the proper amount of reps for each motion.

Once the combination is complete, the robber will run down and slap a high five with their partner, “opening the safe”.

Once they slap hands, the other partner must run down and do the same combination.

Once the other partner has completed the combination, ran back and “high fived” their partner, they are finished.

The first team to finish will win.

Moving Planks

Format: Teams of three to five people.

Equipment Needed: None

Setup: Have everyone on a team hold in a plank position side by side about one body length apart.



Objective: The first team to reach the opposite end of the floor wins.

How to Play: The person holding in a plank in the rear of the line will start the race.

When the race starts, the starting person will hop/step over the people planking and then once they reach the front of their line, they will drop down in a plank position.

Now, the next person at the back of the line will get up and repeat this process.

When this goes on, the line will slowly advance toward the opposite end of the room. The first team to reach the other side first will win.



Burpee Crawl Under Race

Format: Teams of two people

Equipment Needed: None

Setup: Have each team of two people line up on one end of the floor.



Objective: The first team to go down the floor and make it back to the starting line wins.

How to Play: When the race starts one person will do a burpee, but instead of jumping up from the burpee they will jump forward. I call these “Burpee Long Jumps”.

Once the person has jumped forward, the other partner will run to them and crawl between their legs.

Once they get through their legs they will stand up and do their burpee long jump forward.

While one partner is doing their burpee long jump the other can be doing jumping jacks. This way they are always moving.

The first team to reach the opposite side of the floor and make it back to the starting line will win.



Abacus

Format: Teams of two people

Equipment Needed: None

Setup: Have each team of people line up side by side and do mountain climbers.



Objective: The first team to go down the floor and make it back to the starting line wins.

How to Play: When the game begins, the person at the front of the line will shuffle sideways down the floor in a pushup position.

Once they reach the opposite end of the floor. They will begin doing mountain climbers and the next person in line will shuffle sideways down the floor.

When the entire team is now on the opposite side of the floor, the process will repeat until the entire team is back to the starting line.

The first team back to the starting line wins.



High Jump Circle Race

Format: Two even teams of people

Equipment Needed: None

Setup: Have each team form into a circle and face outwards. Then have everyone holding a squat position with their hands out about waist or chest height.



Objective: The first team to complete the race will win.

How to Play: When the race begins, one person will move around the outside of the circle by jumping up and touching their knees to the teammates' hands (both knees at the same time.)

When they hit the first person's hands they will move to the next person. They cannot move onto the next person until they have hit that person's hands with their knees.

Once they have made it around the circle, the next person will do the same.

When everyone has completed a revolution around the circle the team will sit on the ground.

The first team to sit will win.



Under Arms

Format: Two even teams of people.

Equipment Needed: None

Setup: Have each team pair up with two people. The teams of two will hold hands standing across from each other and do synchronized squats. Line up each pair of people in a straight line standing side by side with the other pairs of two people.



Objective: The first team to go down the floor and make it back to the starting line wins.

How to Play: When the race begins, the partners at the end of the line will have to walk or crawl under the arms of their squatting teammates to get to the other end of the line.

Once they have reached the other end of the line, the next pair of two people will crawl under the arms of their teammates to reach the other end.

This will continue and the line will slowly advance to the opposite end of the floor. Once they have reached the opposite end of the floor, they will repeat the process to make it back to the starting line.

The first team to make it back to the starting line will win.



Wounded Crab Race

Format: Everyone for themselves

Equipment Needed: None

Setup: Have everyone line up on one end of the floor.



Objective: The person to make it down to the opposite side of the floor and back will win.

How to Play: When the instructor says “go”, everyone will begin to move down the floor in a “wounded crab” position.

This is just like a crab walk, but you can only touch one arm to the floor.

The first person to move down the floor and back to the starting line first wins.



Crawl Under the Statue Race

Format: Teams of two people

Equipment Needed: None

Setup: Have each team of two people spread out across the floor.

Objective: The team that completes the race first wins.

How to Play: To start the race, have one person be the “statue” and hold in a low squat position.

The other partner will stand behind their partner and then crawl between their legs.

Once they have crawled between their legs, they will run back and repeat the crawling process.

The crawling partner has to go through their partner's legs a total of 10 times.

Once the 10 reps have been achieved, then the other partner will be the crawler and the opposite partner will be the statue.

The same process will repeat. Once the new crawler has crawled through the statues legs 10 times, both partners will sit down.

The first team to sit down wins.



Pyramid Pushup Shuffle

Format: Teams of two people

Equipment Needed: None

Setup: Have each team of two people face each other holding in a pushup position.



Objective: The first team to complete the pyramid will win.

How to Play: When the game begins, the partners will do one synchronized pushup.

After the pushup, they will side shuffle in the pushup position, one step over in one direction, do another pushup and then one shuffle step back in toward where they started.

At this point they will repeat the pattern but to two pushups, two shuffle steps, two pushups and then shuffle step back to the starting spot.

This will continue until they have reached five pushups. Once they have completed the five pushups they have to go back down the pyramid until they reach one pushup.

Both partners have to complete the whole pyramid.

Once a team has completed it, they will be finished. The first team to finish will win.



Pushup Rotation Race

Format: Teams of two people

Equipment Needed: None

Setup: Have each team of two people stand next to each other spread out across the floor.



Objective: The first team to complete 10 rotations wins.

How to Play: When the race begins, both partners will stay in a pushup position for the whole race.

One partner will hold in the “down” position of the pushup, while the other partner crawls over top of them.

Once they have crawled over top, the partner who was in the “down” position will now hold in the “up” position of the pushup while the other partner crawls under them.

Once the partner has crawled over them and under them in a pushup position, it will count as one rotation and then the partners will switch rolls and repeat.

Once the first team completes 10 rotations will win the race.



Mini Circle Chase

Format: Teams of three people

Equipment Needed: None

Setup: Have two teammates grab hands standing across from each other. The third person will be the chaser.



Objective: If the chaser tags the runner, the chaser wins.

How to Play: Put 60 seconds on the clock for this game.

Designate one of the two people holding hands to be the runner

The chaser is going to try and tag the runner. The runner will use the other person they are holding hands as a barrier to keep the chaser away.

The two people holding hands have to stay in the same area and can only move in circles.

If the chaser tags the runner then the chaser wins. If the chaser cannot tag the runner in 60 seconds then the runner wins.

After 60 seconds switch rolls.

Make sure everyone gets a chance to be every position in this game.



FOR MORE GREAT GAMES [CLICK HERE](#)