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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 Kettlebell 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 Kettlebell 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!

Kettlebell Games

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

[Clean Under Relay](#)

[Circle of Burp](#)

[Crack the KB Safe](#)

[Clean, Lunge and Press Race](#)

[KB Knock Down](#)

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Clean Under Relay

Format: Two even teams of people

Setup: Two Kettlebells/ One Kettlebells per team. Line each team up in a straight line so that everyone in line is facing the back of the person in front of them. Make sure there is about a full arms reach of space between each teammate in line.



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

How to Play: When the race begins, the person at the front of the line will grab the Kettlebell and perform three cleans.

Once the Cleans are finished, they will swing the Kettlebell between their legs and pass it to the person behind them. **DO NOT THROW IT.**

The person behind them will repeat the process until the Kettlebell has reached the end of the line.

At this point the person at the end of the line will run to the front of the line with the Kettlebell and do three cleans with the opposite hand.

The race will continue until the Kettlebell has reached the end of the line for the second time. Then, whoever does this first will win.



Circle of Burp

Format: One big circle of people

Setup: Have everyone form into a circle facing inward toward the center of the circle. Start by placing two Kettlebells in front of two people that are standing next to each other in the circle.

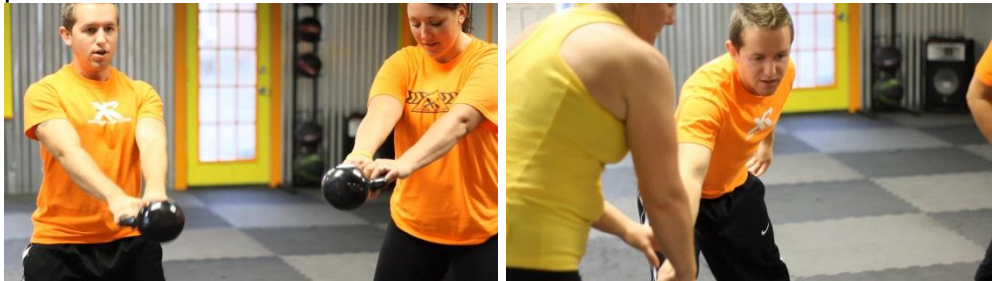
Objective: Not to do 10 burpees.

How to Play: When the game begins the two people that have the Kettlebells will do five swings and pass it to the person next to them (one person pass to the right the other person will pass to the left).

Then, the next person will repeat this process. The Kettlebells should be moving in the opposite directions from each other.

When the Kettlebells meet at one person, that person has to do five burpees.

Repeat this game a few times so that the Kettlebells have a chance to start at different places in the circle.

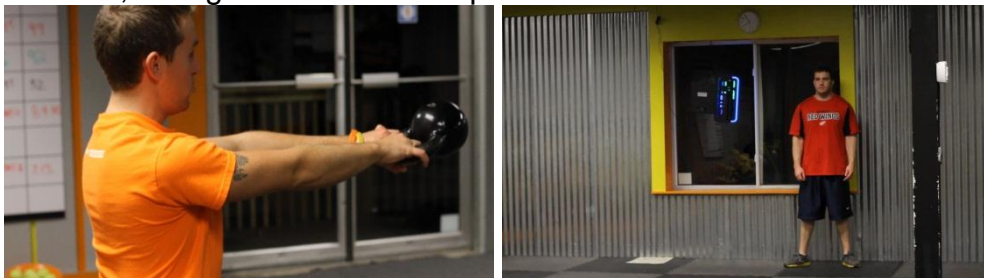


Crack the KB Safe

Format: Teams of two people

Equipment Needed: One Kettlebell per team of two people

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



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 of Kettlebell exercises by the instructor. This combination will consist of 5 different exercises and 5 different reps for each exercise.

Example: 10 - Snatches

12 –Presses

14 –Goblet Squats

16 - Cleans

18 – Alternating Swings

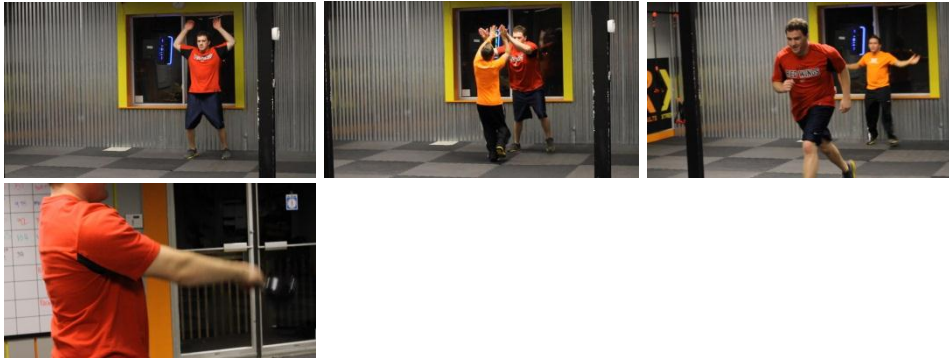
The “robber” will have to perform all of the exercises on the list in that order with the proper amount of reps for each motion.

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 using the Kettlebell.

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.



Clean, Lunge and Press Race

Format: Teams of two people

Equipment Needed: Two Kettlebells per team of two people; if you only have one Kettlebell per team that will work as well. Alter this game as needed.

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



Objective: The team with the most completions at the end of three minutes will win.

How to Play: Give one partner the Kettlebells. They must do five double cleans, walking lunge down the floor toward their partner.

Once they reach their partner, they must perform a double press five times and then hand the Kettlebells off to their partner.

The partner will then repeat this process. Every time a partner completes a walk down the floor and completes the presses, it counts as a completion.

The team with the most completions at the end of three minutes will win.



KB Knock Down

Format: Two even teams of people

Equipment Needed: As many Kettlebells as possible (minimum of 10)

Setup: Have each team line up on a side of the floor. Randomly spread the Kettlebells out across the floor, all of them standing up.



Objective: The team with the most Kettlebells in their position at the end of the time period will win.

How to Play: The instructor will designate one team to be the “standing” team and the other to be the “knock down” team.

The “stand up” team will be responsible for keeping the Kettlebells standing in the up position. The knock down team will be responsible for knocking the Kettlebells down.

When the game begins each team will run around the floor trying to get Kettlebells in their position. NO BABY SITTING THE KETTLEBELLS.

Everyone must keep moving.

At the end of 60 seconds the team with the most Kettlebells in their position will be the winner.



You Got Served

Format: Two Teams of people

Equipment Needed: One Kettlebell per team; two kettle bells total

Setup: Have each team form a line on one side of the room, facing the opposing team.

Objective: The team with the most points will win.

How to Play: Before the game starts, give everyone about three minutes to make an eight to ten exercise combination using a Kettlebell. They may do whatever motions they like. Give them all Kettlebells and have them practice...

When the game starts, one person from each team will stand in the middle of the room and grab a Kettlebell.

The instructor will pick which person will go first.

The person who goes first will have to make a eight to ten motion exercise combination with the Kettlebell.

Once the combination is complete, the other person will repeat this process.

After both people have went, the instructor will decide who's combination was better and award a point to the winner's team.

This will continue until everyone from each team has had a chance to compete.

The winner should be based on who had the most style, proper technique, difficulty, flow, etc.

This is a great way to see what your clients have been learning and apply it on their own.

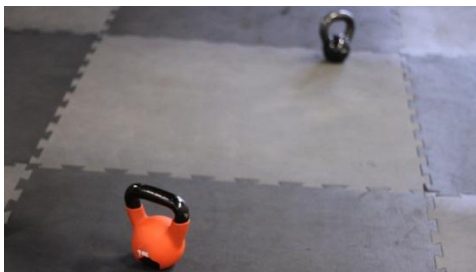


Landmines

Format: Everyone on their own

Equipment Needed: A variety of different weight Kettlebells; minimum of 10 Kettlebells.

Setup: Have all of the Kettlebells spread out randomly across the floor. Also, have all of the members do the same.



Objective: The last person standing wins.

How to Play: When the instructor says “go”, everyone will start running around the Kettlebells however they would like.

When the instructor calls out a weight of Kettlebell, if a person is next to the Kettlebell they have ten seconds to grab the Kettlebell and do ten cleans with it.

If they do not complete ten cleans in ten seconds, they “blow up” and are eliminated from the game. At this point they can sit on the sidelines and hold in a squat position or whatever exercise position you feel like.

Once the people complete the cleans, everyone will begin to run around again and the process will repeat.

If the Kettlebell is called and no one grabs it to do the cleans, everyone near the landmine (KB) will “blow up” and they will all have to sit out.

This will continue until the last person is standing.

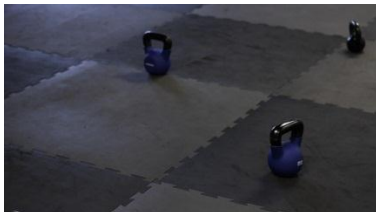


Whammy

Format: Everyone on their own

Equipment Needed: A variety of different weight Kettlebells; one Kettlebell short of “one Kettlebell per person.”

Setup: Have all of the Kettlebells spread out randomly across the floor. Also, have all of the members do the same.



Objective: Don't be the last person standing.

How to Play: When the game starts, have everyone walk around the room around the Kettlebells.

When the instructor calls out a weight of a Kettlebell, everyone is going to try and grab that Kettlebell.

If someone grabs the right weight, then they take the Kettlebell with them and stand on the sidelines doing goblet squats or swings.

Have everyone start moving around again and call another weight of Kettlebell.

This process will repeat until the last person is standing in the middle of the floor without a Kettlebell.

That person is “whammied” will have to do 20 burpees.



The Lotto

Format: Four even teams of people

Equipment Needed: A variety of different weight Kettlebells; 10 Kettlebells total.

Setup: Have all of the Kettlebells spread out randomly in the center of the room. Then, have each team stand in a corner of the floor. That is now their “home” corner.

Objective: The first team to get their combination of Kettlebells in their “home corner” will win.

How to Play: Before the game begins, have each team must write down a four Kettlebell weight combination. Example: 8kg, 12 kg, 12kg, 4kg. Place this paper on the ground in the home corner of the team.

Once the game begins, everyone from each team will run to the center of the room and try to grab the Kettlebells they need to make their combination.

Once they grab the Kettlebells they must bring them back to their home corner.

Each teammate can only grab one Kettlebell at a time.

Each team also has the ability to steal Kettlebells from other teams' home corners.

The first team to get their combination completed will yell out "Jack Pot"

The instructor will check the combination to make sure it is accurate and then crown the winning team.



KB Over Under Race

Format: Two even teams of people

Equipment Needed: Two Kettlebells preferably a little on the light side, like 4kg.

Setup: Have the members get into two teams and form a line on one side of the floor. Everyone in the line should be facing the same direction so that they are looking at the back of the person's head in front of them.



Objective: The first team to reach the opposite side of the floor will win.

How to Play: Give the person in the front of the line the Kettlebell.

When the game begins, the person in front will pass the Kettlebell over their head to the person behind them.

Once that person has possession of the Kettlebell, they will pass it between their legs to the person behind them.

Then that person will go over their head and the person after that will pass between their legs.

This "over/ under" motion will continue with the Kettlebell until the last person in the line has possession of it.

When the last person has it, they will run to the front of the line and begin this process again.

Every time the last person runs to the front of the line it will slowly advance the line down the floor toward the opposite end.

The first team to reach the opposite end of the floor will win.



KB Suicide Relay

Format: Two even teams of people

Equipment Needed: Eight Kettlebells

Setup: Have each team line up on one end of the floor. Place four Kettlebells in front of each team's line, spaced out in a straight line about 10-12 steps apart.



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

How to Play: Have everyone in line hold in a plank position or do jumping jacks if it's a beginner group.

The first person will run up to the first KB and do two swings and run back to their line.

Then, they will run up to the second KB and do four swings and run back to their line.

Next, they will run to the third KB and do six swings and run back to their line.

Finally, they will run to the fourth KB (furthest KB) and perform eight swings and run back to their line.

When this is completed, the next person in line will repeat this process while their teammates are holding in a plank position.

Once everyone from the team line has completed all four Kettlebell suicides, they are finished.

The first team to finish will win.



For More Boot Camp Games [CLICK HERE](#)