

# 17

# MEDICINE BALL GAMES:



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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 Medicine Ball 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 dietitian. If your physician recommends that you don't use Medicine Ball 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!**

## **17 Medicine Ball Games**

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

[Burpee MB Pass](#)

[Swing Lunges MB Pass](#)

[Russian Twist Race](#)

[Over Under Rotation](#)

[MB Lotto](#)

[MB Landmine](#)

[Triceps Toss Off](#)

[Partner Staggered Pushup Race](#)

[Crack the Egg](#)

[Side Shuffle Slams](#)

[Get the Treasure](#)

[Crack the MB Safe](#)

[Quest for the Crystal Ball](#)

[Spiderman Race](#)

[Bowling](#)

[Time Bomb](#)

[Climbing Bears](#)



### **Burpee MB Pass**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team of two people.

**Setup:** Give one person the MB and have the partners stand facing each other.

**Objective:** The team with the most rotations at the end of the time limit will win.

**How to Play:** When time starts, the person holding the MB will hold onto it and perform a burpee.

Once the burpee is completed they will pass the ball over to their partner.

When the partner gets the MB they will do a burpee. When, both partners have completed a burpee it counts as one rotation.

This process will continue for one to two minutes. At that point the team with the most rotations will win.

If someone in the team drops the MB, the rotations start back at one, so make sure not to drop the MB.



### **Swing Lunges MB Pass**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team of two people.

**Setup:** Give one person the MB and have the partners stand facing each other.

**Objective:** The team with the most rotations at the end of the time limit will win.

**How to Play:** When time starts, the partner holding the MB will perform a swing lunge on each leg. When the lunges are completed on each leg, they will pass the ball to their partner.

Their partner will then repeat the swing lunge/pass process.

Every time both partners do the swing lunge and the pass, it counts as one rotation.

The team with the most rotations at the end of one to two minutes will win.

If someone drops the ball, the rotations will start back at one, so DON'T DROP the ball!



### **Russian Twist Race**

**Format:** Two teams of people

**Equipment Needed:** One medicine ball per team.

**Setup:** Have the two teams of people sit side by side, with their feet in front of them, facing the opposite team.

Space everyone in the line about one person length apart.

Then, give each team one MB. The person at the end of the line of people should start with the MB.

**Objective:** The team who finishes the race first will win.

**How to Play:** When the race begins, the person who is holding the MB will perform a Russian twist and pass the ball to the person next to them.

Then, the person next to them will repeat this process all of the way down the line of people until it reaches the end.

Once the ball reaches the end of the line, they must move the ball back to the starting person on the opposite side of the line.

Once the ball reaches the starting person, that team is finished.

The first team to finish will win.

While people are waiting for the ball in line, they should be doing Russian twists.





### **Over Under Rotation**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team of two people.

**Setup:** Have the two people stand back to back and give one person the medicine ball.

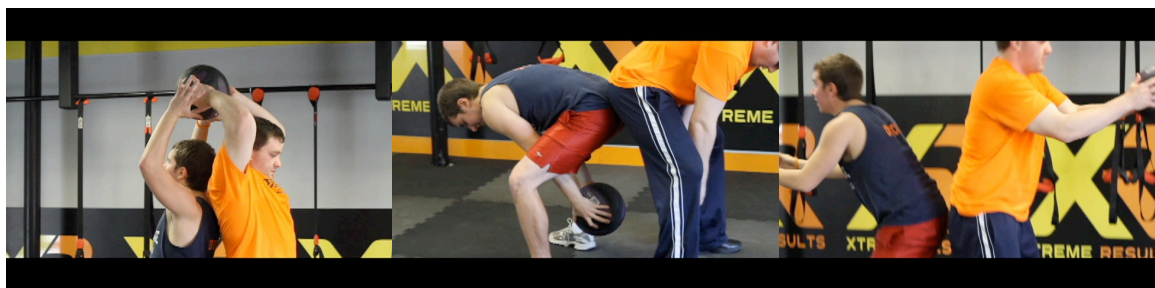
**Objective:** The team to reach 30 rotations first will win.

**How to Play:** When the game begins, the partner holding the MB will hand the ball over their head to their partner.

The partner will then grab the ball and pass it back to their partner between their legs.

This “under/over” rotation method will continue until one team of partners has reached 30 rotations.

A rotation means the ball has reached the starting person (person who started with the ball).



### **MB Lotto**

**Format:** Four teams of people

**Equipment Needed:** A variety of different weight MB; Ten MB total.

**Setup:** Have all of the MB 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 MB in their “home corner” will win.

**How to Play:** Before the game begins, have each team must write down a four MB weight combination. Example: 8 pound, 12 pound, 12 pound, 4 pound. 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 MB they need to make their combination.

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

Each teammate can only grab ONE MB at a time.

Each team also has the ability to steal MB 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.



## **MB Landmine**

**Format:** Everyone on their own

**Equipment Needed:** A variety of different weight MB; minimum of ten MB.

**Setup:** Have all of the MB 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 MBs however they would like.

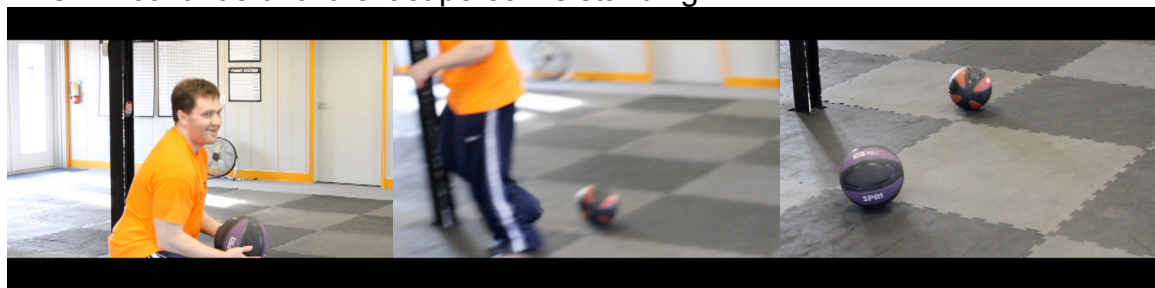
When the instructor calls out a weight of MB, if a person is next to the MB they have ten seconds to grab the MB and do ten squats with it.

If they do not complete ten squats 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 squats, everyone will begin to run around again and the process will repeat.

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

This will continue until the last person is standing.



### **Triceps Toss Off**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team of two people.

**Setup:** Have the two people kneel on the floor facing each other, spaced about 6 steps apart. Then, give one person the MB.

**Objective:** The team to reach 20 rotations first will win.

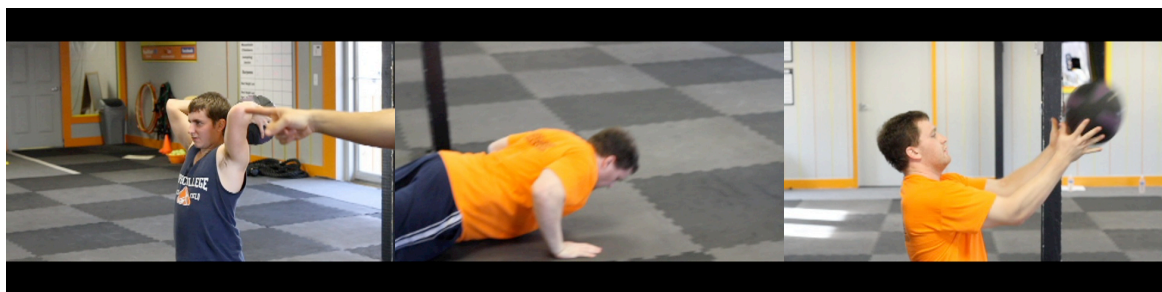
**How to Play:** When the game starts, the person holding the MB will perform a Tricep Overhead Extension with the MB and then toss it to their partner.

As they toss the ball they will drop down in a pushup position and do a kneeling pushup.

When the opposite partner grabs the ball, they will do the same process and toss it back to their partner and do their pushup.

When both partners have completed a tricep extension and a pushup, it counts as one rotation.

The team that reaches 20 rotations first will win.



### **Partner Staggered Pushup Race**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team of two people.

**Setup:** Have one of the partners get into a pushup position with the MB under their chest. Then, have the other partner grab their feet and hold them up off of the ground in a “wheel barrow race” position.

**Objective:** The team to complete a rotation first will win.

**How to Play:** When the game begins, the person in the pushup position will have to put the MB under one hand and do a pushup. Then, roll the ball to the other hand and do a pushup. (Staggered pushups)

When both hands have done a pushup it counts as one pushup.

When the pushup partner has completed ten pushups (on each hand), they will switch rolls with their partner.

Now the other partner will have to do the pushups while the other partner cheers them on.

The first team to have both partners complete ten pushups will win.



### **Crack the Egg**

**Format:** Everyone for themselves

**Equipment Needed:** As many MB as possible. At least eight is preferred. The more the merrier.

**Setup:** Have everyone line up on one side of the floor. Then, spread out the MB across the floor.

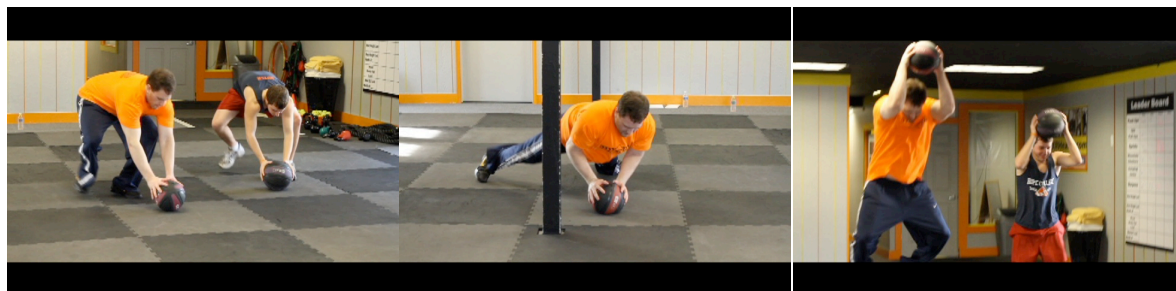
**Objective:** The person that slams the most MB will win.

**How to Play:** When the game begins, everyone will run around the floor and pick up the MBs to slam them.

Once they pick them up and slam them they can move onto the next one.

Every MB they slam they get a point.

At the end of one to two minutes the person who has slammed the most MBs will win (person with the most points).



### **Side Shuffle Slams**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team of two people.

**Setup:** Have the two people line up on one end of the floor. Give one person the MB.

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

**How to Play:** When the race begins, the partner with the MB will begin to side shuffle down the floor and slam the MB.

Every time they slam the MB they can take a side shuffle step. They cannot shuffle step unless they slam the MB.



They will continue to slam and shuffle down to the opposite end of the floor and back and then they will hand the MB to their partners.

Partners can either be standing and cheering their partner on or they can be doing mountain climbers.

Then the partner gets handed the ball they will have their turn to shuffle and slam the MB down the floor and back.

The first team to have each partner move down the floor and back will be the winners.



### **Get the Treasure**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team of two people.

**Setup:** Have one person stand on one side of the room with the MB behind them on the floor. The other partner will stand on the opposite side of the floor.

**Objective:** To touch the MB without getting tagged.

**How to Play:** When the game begins, the person who is standing behind the MB will be the tagger/protector and the other person will be the “thief” or the person trying to get the MB.

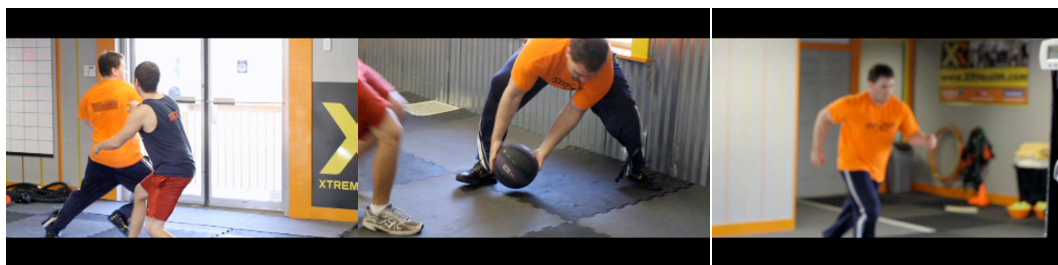
The protector is going to try to stop the person from getting the MB by tagging them.

If they get tagged they have to do five pushups and start over at the starting line again.

If the person gets around the protector and touches the MB, then the protector has to do 10 burpees.

To create a sense of urgency on this game use a timer and sets one minute time limit.





## **Crack the MB Safe**

**Format:** Teams of two people

**Equipment Needed:** One MB 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 MB.

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

Example:

- 10 - Squats
- 12 –Twists
- 14 –Staggered Pushups
- 16 - Lunges
- 18 – Slams

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 MB.

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.



### **Quest for the Crystal Ball**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team of two people.

**Setup:** Have the two people line up on opposite ends of the floor, facing each other. Place the MB in between them in the middle of the floor.

**Objective:** The person to get five points first will win.

**How to Play:** When the instructor calls out an exercise each partner must do ten reps of that exercise (if it is a single leg motion, ten reps on each leg).

After they complete ten reps they will run for the MB, grab it and slam it to the ground.

Every time someone slams the MB they get a point.

After the MB is slammed, both partners will return back to their spots and wait for the instructor to call out the next exercise.

Then, they will do ten reps of that exercise and repeat the process.

The first partner to get five points (slams) will be the winner.



### **Around the World Race**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team.

**Setup:** Have both partners sit back to back on the ground.

**Objective:** The team with the most rotations at the end of time will win.

**How to Play:** When the race starts, one person will pass the medicine ball to their left.

Then, their partner will grab it and pass the ball back to their left and back to their partner.

This twisting pass motion will continue for one minute.

Every time the starting partner gets the ball it counts as one rotation.

At the end of one minute the teams will twist in the opposite direction.

After that round is over, they will add up their totals for rotations between the two sides.

The team with the highest number of rotations at the end of the game will win.



### **Bowling**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team of two people and two cones.

**Setup:** Have the two people line up on opposite ends of the floor. Give one person the MB. Take one cone and place it in front of each partner.

**Objective:** The first person to hit the cone three times wins.

**How to Play:** When the game starts, the person holding the MB will roll the ball down the floor and try to hit the cone down by their partner.

If they miss the cone they do ten mountain climbers, if they hit it, they get a point.

Then, after they have rolled their partner will take a turn, trying to knock down their cone.

This process will repeat until one partner has hit the cone five times.

The more distance between the cones the better.



### **Time Bomb**

**Format:** Everyone for themselves.

**Equipment Needed:** A handful of MB. The more the merrier! At least five MBs.

**Setup:** Have everyone spread out across the floor and randomly hand people MBs.

**Objective:** The last person standing wins.

**How to Play:** When the timer starts, everyone will begin moving around the floor and tossing the MB to people who don't have a MB.

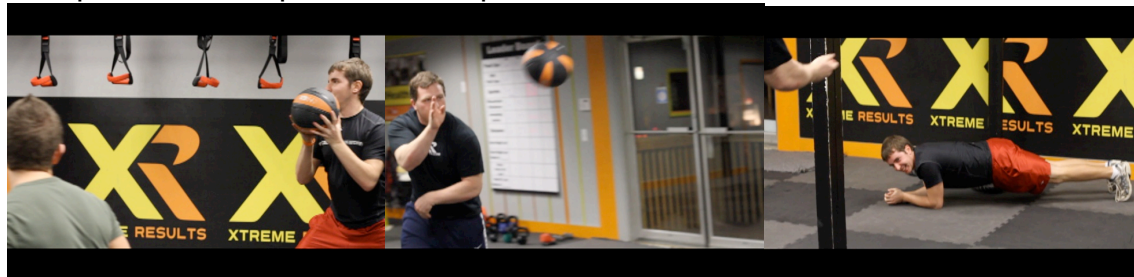
If someone drops the MB they are out.

This is just like hot potato, they don't want to hold onto the MB too long...

At the end of 20 seconds, the timer will go off and anyone holding a MB is out.

For everyone that is out, they must run in place on the side lines.

This process will repeat until one person is left.



### **Climbing Bears**

**Format:** Teams of two people

**Equipment Needed:** One medicine ball per team of two people.

**Setup:** Have the two people line up on one end of the floor. Give one person the MB.

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

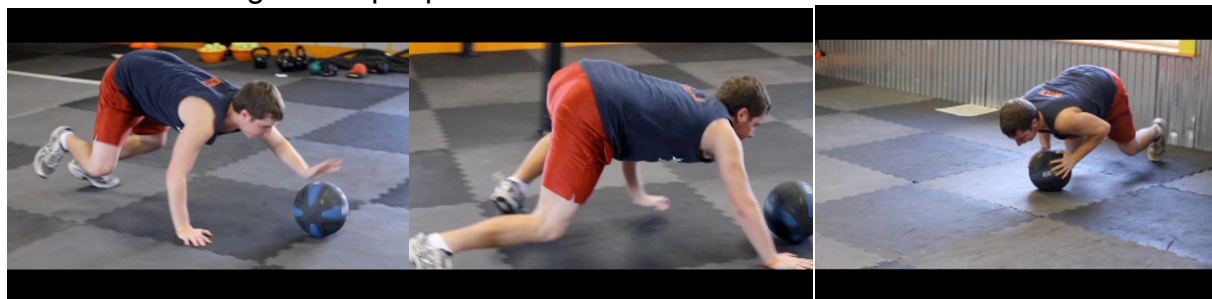
**How to Play:** When the race begins, the partner holding the MB will bear crawl all of the way down the floor with the MB.

Once they reach the opposite end of the floor they will do 20 mountain climbers with their hands on the MB.

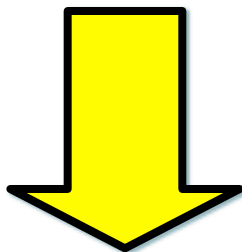
When the mountain climbers are finished, they will stand up, grab the MB and run back to their partner.

After they reach their partner, they will hand the MB to them and the process will repeat.

The first team to get both people down and back with the MB win.



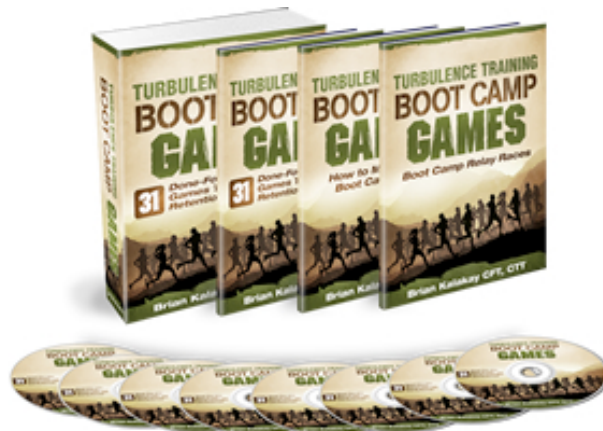
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