

21 TAG VARIATIONS:

GAMES THAT WILL
BRING THE KID OUT IN EVERYONE



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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 21 Tag Variations. 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 21 Tag Variations, 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 😊

Why Tag Games?

Tag games are great because of their flexibility. They require NO Equipment, NO prep time and they are easy to understand and play. This means at the end of your workout, people will still be able to comprehend the game and have some fun. Tag games also utilize a lot of cardio do to the fact that everyone is always running or moving around the floor at all times. Tag games are an excellent example of disguised cardio at it's finest. I guarantee if you ever get in a pinch and need a game for any situation in your boot camp, one of these tag variations will do the trick!

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. 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).
3. 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.
4. 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.
5. 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...

21 Tag Games

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Ameba Tag

Format: One Tagger

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The last person standing will be the winner.

How to Play: When the game begins, the tagger will run around the floor tagging people.

If someone is tagged, they will grab onto the tagger's shirt with one hand and try to tag other people with the other hand.

As more people are tagged, they will grab onto someone who is part of the "tagger ameba" and try to tag other people.

The ameba will keep growing until the last person is standing. The last person standing wins.

If you want to repeat the game, have the last person standing start the ameba.

Reverse Tag

Format: One tagger, everyone else as a team.

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The tagger tries not to get tagged.

How to Play: When the game begins, the instructor will start the time on their stop watch.

The big group of people will try to tag the tagger.

The tagger will try to avoid being tagged for as long as they can.

Once they are tagged, the instructor will tell them their time (how long they avoided being tagged)

Then, the next person will be the tagger and everyone else will try to tag them.

This process repeats until everyone has had a chance to be the tagger and get their time.

The person with the best time (most time not being tagged) will be the overall winner.

Number Tag

Format: One tagger versus everyone else.

Setup: Have the tagger stand in the middle of the floor. Everyone else will line up on one side of the floor. Then, give everyone a number one through four (or for smaller groups just one through two).

Objective: The last person standing wins.

How to Play: The tagger will call out a number. The people with that number will have to run across the floor to the other side, without being tagged.

If they are tagged, they will have to wait on the sidelines doing squats.

The tagger can call out any number in whatever order they feel like.

This process will repeat until one person is left standing and they will be crowned the winner.

Crab Tag

Format: One tagger versus everyone.

Setup: Have everyone get into a crab walk position on their hands and feet with their chest facing up.

Objective: The last person standing wins.

How to Play: When the game begins, the tagger will try to knock people down from their crab walk position by using their feet to sweep the legs of the other people.

If the tagger knocks someone off balance or their butt touches the ground at any point of the game, they are "out".

If they are out, they will have to go wait in a low squat position on the sidelines for the rest of the game.

The last person standing will win.

Snake Tag

Format: One large team of people

Setup: Have everyone stand in a line, holding the shoulders or waist of the person in front of them.

Objective: The person in front of the line will try to tag the person at the back of the line.

How to Play: When the game begins, the “head of the snake” or the person in the front of the line will have to try and tag the “tail” or the person at the back of the line.

Everyone must move as a snake trying to keep the person at the front from tagging the person in the back.

Everyone must stay holding on to the person in front of them at all times.

If the person at the front tags the person at the back, both of those people will sit out on the side lines and do jumping jacks to wait for their team to finish.

Now, the next two people at the front and back will do the same.

This process repeats until the last two people are standing, then the game has ended.

Freeze Tag

Format: One tagger versus everyone

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The tagger must freeze everyone in the given time limit.

How to Play: When time starts, the tagger will have one to two minutes to freeze everyone in the group by tagging them.

When the tagger tags someone they are frozen and cannot move.

If the tagger freezes everyone in the time limit, they will win. If someone is still moving around at the end of the time limit, the group wins.

Octopus Tag

Format: One tagger versus everyone

Setup: Have the tagger stand in the middle of the floor. Everyone else will line up on one side of the floor.

Objective: The last person standing wins.

How to Play: The tagger in the middle will be known as the octopus.

The octopus will stand in the middle of the floor and say “Come _____ in my ocean!”

To fill in the blank, they can choose whatever motion they feel like. Here are some examples:

- Run
- Jump
- Bear Crawl
- Hop on one foot
- Crab Crawl
- Etc.

Just make sure it is a movement that the entire group can do.

When the octopus calls it out, everyone must move to the opposite side of the floor while doing that motion.

While the group is moving, the octopus will try to tag people.

When someone is tagged, they will stand in place and become seaweed.

The seaweed will work by standing in place trying to tag other people as they try to cross the floor.

This process will repeat until the last person is standing. They will be the winner.

King Octopus Tag

Format: One tagger versus everyone

Setup: Have the tagger stand in the middle of the floor. Everyone else will line up on one side of the floor.

Objective: The last person standing wins.

How to Play: The tagger in the middle will be known as the octopus.

The octopus will stand in the middle of the floor and when they call out “go”, everyone will try to run from one side of the floor to the other (Just like octopus tag).

This time if someone is tagged, they will grab an arm of the tagger and act like an extension of their arm.

This is what gives the “King Octopus” his reach to tag other people.

As the octopus says go and people keep running back and forth, more people will be tagged and the arms of the octopus will keep getting bigger.

The running back and forth and tagging will continue until one person is left standing.

Then they are the winner and they can be the next octopus if you choose to run this game again.

Army Tag

Format: One tagger versus everyone (use multiple taggers if needed)

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The last person standing wins.

How to Play: When the game begins, the tagger will begin to run around the floor and tag people like usual.

This time when the tagger tags a person, that person will lose use of whatever the tagger touched.

If the tagger tags an arm, then that person can't use that arm.

If they tag a leg, then they can't use the leg. Both legs get tagged, they must crawl. So on and so forth...

If the person gets tagged on the back, stomach or chest, then they are out and must wait on the side line in a plank position until the game is over.

Last person standing wins.

Exercise Tag

Format: One tagger versus everyone (use multiple taggers if needed)

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The last person standing wins.

How to Play: When the game begins the tagger will begin to run around the floor and tag people like usual.

This time if someone is about to be tagged, they can yell out an exercise and sit down on the floor to avoid being tagged.

Once they do this and sit down, they then must perform three reps of that particular exercise that they yelled out.

Once the exercises are completed, they may begin to run around again.

The only catch with this is that they may only yell an exercise once. If they use the same exercise for two attempts, they are out.

If someone gets tagged before they sit down and yell an exercise they are out.

When someone is out, they must do squats on the sideline for the remainder of the game.

The last person standing will win the game or be the next tagger if you choose to play again.

Team Tag

Format: One tagger versus everyone

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The last person standing wins.

How to Play: When the game begins the tagger will begin to run around the floor and tag people like usual.

Once someone is tagged, they are on the “tagger team” and must tag people who haven’t been tagged yet.

The last person to get tagged by the taggers will win.

The game gets crazy because you don’t know who is a tagger and who isn’t. Great game for cardio and craziness!

Duck Tag

Format: One tagger versus everyone (use multiple taggers if needed)

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor. Then, have everyone crouch down in a “duck walk” position on the balls of their feet.

Objective: The last person standing wins.

How to Play: When the game begins the tagger will begin to run around the floor and tag people like usual, only this time they will be in a Duck Walk position like everyone else.

Everyone must stay in a Duck Walk position for the entire game.

If they get tagged by the tagger they are out.

If they fall out of the duck walk position they are out.

When someone is out they must go wait on the sidelines and do pushups until the game ends.

The last person standing will win.

Rabbit Tag

Format: One tagger versus everyone (use multiple taggers if needed)

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor. Then, have everyone stand with their feet together in Rabbit Hop position.

Objective: The last person standing wins.

How to Play: When the game begins the tagger will begin to hop around the floor keeping their feet together and tag people like usual.

To move around the floor everyone must hop around with their feet together in Rabbit Hop position.

Once someone is tagged they are out and they must sit on the side lines and do jumping jacks for the remainder of the game.

The last person to get tagged will win.

Walk Tag

Format: One tagger versus everyone (use multiple taggers if needed)

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The last person standing wins.

How to Play: When the game begins the tagger will begin to walk around the floor and tag people like usual.

This is just like the traditional “Tag” game however, this time no one can run they can only walk.

They can walk quickly, just no running.

If they get tagged, they must stand on the sidelines and do squat hops for the remainder of the game.

The last person standing who hasn’t been tagged will win.

Pairs Tag

Format: One tagger versus everyone

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The last person standing wins.

How to Play: When the game begins the tagger will begin to run around the floor and tag people like usual.

When someone is tagged they will hold hands with the tagger and tag other people.

When the fourth person has been added to the tagger group, they will split off into pairs of two taggers and tag other people.

This process of adding four people to the tagger group and then splitting off will continue until the last person is standing.

Toilet Tag

Format: One tagger versus everyone (use multiple taggers if needed)

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The last person standing wins.

How to Play: When the game begins the tagger will begin to run around the floor and tag people like usual.

Once a person is tagged, they will hold in a squat position and hold their arm out parallel to the ground. This is known as the “Toilet” position.

To get unfrozen, someone who hasn't been tagged must push their arm down (flushing the toilet).

Once their arm has been pressed down, they are free to move around again.

Give the tagger a certain time period to freeze everyone for this game.

Usually, one to three minutes works just fine.

Band-Aid Tag

Format: One tagger versus everyone (use multiple taggers if needed)

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The last person standing wins.

How to Play: When the game begins the tagger will begin to run around the floor and tag people like usual.

Once a person is tagged, they must run around holding the place they were tagged (simulates a band-aid covering the wound).

When the person is tagged for the second time they are out.

When they are out they must do jumping jacks on the sideline for the remainder of the game.

The last person to get tagged twice will win.

Anchor Tag

Format: One tagger versus everyone

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the entire space of the floor.

Objective: The tagger who tags the most people will win.

How to Play: When the game begins everyone will stay in their spot until they are tagged.

Once they are tagged, they will hold onto the tagger and try to keep them from tagging other people (like an anchor holding them back).

The tagger will try to tag as many people as they can, keeping in mind that every time they tag someone that person gets added to the people behind them holding them back.

If the tagger gets tired and stops before everyone is tagged, then count the number of people they tagged and tell them to remember that number.

If they tag everyone, make sure the instructor is timing this so they can give them their time it took to tag everyone.

The person with the most tagged people in the best time will be the winner.

Make sure everyone gets a chance to be the tagger in this game.

Prison Tag

Format: One tagger versus everyone (use multiple taggers if needed)

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor. Designate an area of the floor to be the "Prison Area".

Objective: If the tagger tags everyone in the designated time period, they win.

How to Play: When the game begins the tagger will begin to run around the floor and tag people like usual.

Once they are tagged, they must go over to the prison area and do 10 burpees.

Once the burpees are completed, they are free to run around again.

If the tagger gets everyone in the prison area without anyone running around the floor in the designated time period, they will win.

Play this game for one to two minutes and then switch taggers.

Dog & Bone Tag

Format: Two even teams of people

Setup: Have each team of people line up on opposite sides of the floor facing each other. Place an object like a ball or Kettlebell in the middle of the floor between the two teams. Make sure everyone in each team has a number.

Objective: The team with the most points will win.

How to Play: When the instructor calls out a number, the two people (from opposite teams) that have that number will run into the middle of the floor and try to grab the object.

Once someone has the object (the bone), they must run it back to their line.

The person who didn't get the object will try to tag the other person before they get back to their line.

If the person with the object gets it back to their line, their team gets a point.

If the person with the object gets tagged by the other person, the other team gets a point.

After the point has been awarded, the instructor will call out the next number of people.

This will continue until everyone has had a chance to try to grab the object and get a point.

The team with the most points will win.

Advanced Freeze Tag

Format: One tagger versus everyone (use multiple taggers if needed)

Setup: Have the tagger start on one side of the floor and the rest of the group spread out across the opposite side of the floor.

Objective: The tagger must freeze everyone in the given time limit.

How to Play: When time starts, the tagger will have one to two minutes to freeze everyone in the group by tagging them.

When the tagger tags someone they are frozen and cannot move.

In this variation, someone who is not frozen may tag a frozen person to "unfreeze" them.

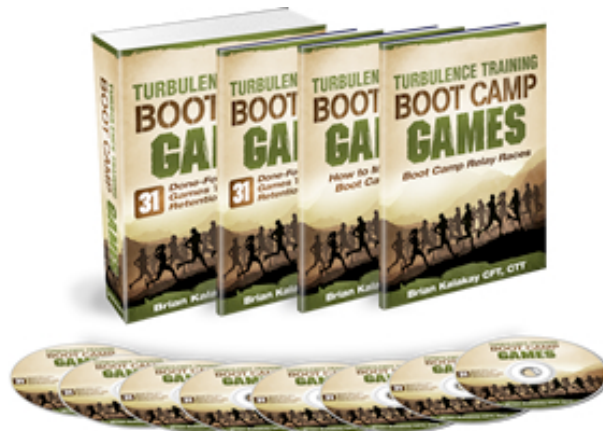
Once the frozen person has been "unfrozen" they are free to move around the floor again.

If the tagger(s) freezes everyone in the time limit, they will win. If someone is still moving around at the end of the time limit, the group wins.

Multiple taggers usually work best for this variation.

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