

31 PARTNER GAMES: BOOT CAMP GAMES THAT REQUIRE ONLY 2 PEOPLE!



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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 Boot Camp Partner 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 Boot Camp Partner 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!

31 Partner Games

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

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Leap Frog Crawl Under Race

Format: Teams of two people

Equipment Needed: None

Setup: Have one person hold in a low “huddled” position on the ground and the other teammate will stand behind them.

Objective: The first team to complete the most rotations in the designated amount of time will win.

How to Play: When time begins, the partner standing up will leap frog (jump over) the partner crouched on the ground.

Once they land, the crouched down partner will stand up and the partner who just jumped will crawl between their legs to get back to the starting position.

Once in the starting position, the crouching partner will crouch back down on the ground and this process will repeat until the time limit is reached.

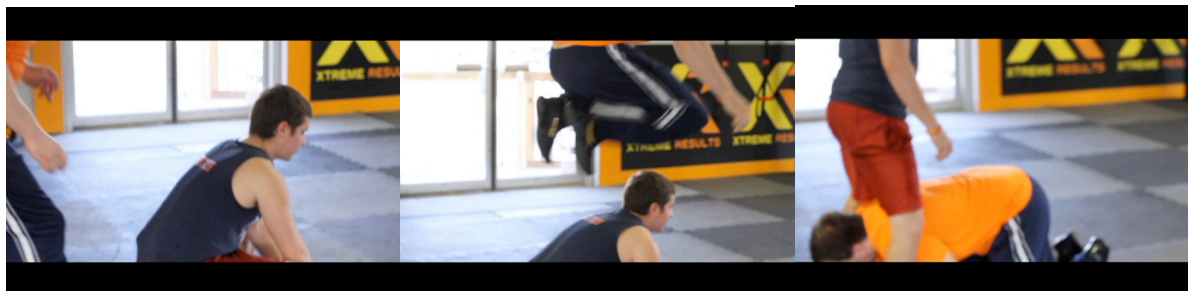
Every time the partner jumps over and then crawls back to the start position it counts as one rotation.

The team with the most rotations at the end of 1-2 minutes will get a point.

Once the point has been rewarded, the other partner will get a chance to leap frog and crawl under their partner.

Play this game as many times as desired at the end of your boot camp session.

**This is a great game to play if you are tight on space and small on session size.*



Planking Triceps Race

Format: Teams of two people

Equipment Needed: None

Setup: Have one person hold in a plank position or on their hands and knees if they aren't advanced.

The other partner will put one hand on their partner's tail bone and the other hand on their partner's upper back.

Then after the hands are placed they will put their legs out in front of them. The setup is just like they are doing bench dips, but instead of using a bench they are using their partner in a plank position.

Objective: The first team to complete the most rotations in the time period will win.

How to Play: When the time starts, the partner in the "dip" position will begin to do triceps dips on their partner.

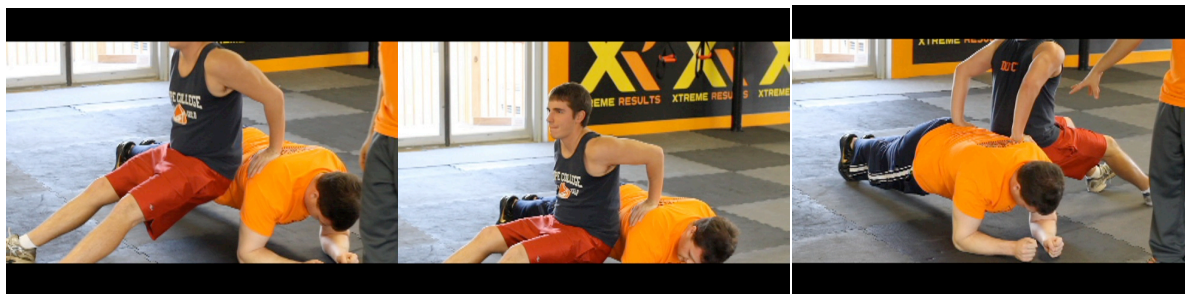
When they have completed 10 dips, the person doing the dips will move to the other side of their partner and do another 10 dips (this works the partner holding in the plank position evenly)

Once they have dipped on both sides of their partner, they will switch places.

Now the other partner will hold in the plank and the other will do dips.

Every time the partners switch, it counts as one rotation. The team with the most rotations will win.

Run this game for about 2 minutes.



Pushup Side Hop Race

Format: Teams of two people

Equipment Needed: None

Setup: Have one person hold in a pushup position and the other partner will stand on one side of their partner down by their shins/feet.

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

How to Play: When the game begins, the partner in the pushup position will perform one pushup.

Once the pushup is completed, the standing partner will hop over their partner's legs and then hop back to their start position.

Once the partner is back to the start position, the pushup partner will perform another pushup and then the other partner will hop over and back again.

This process will continue until the pushup partner has performed ten pushups.

Once they have reached ten pushups, they will switch partners and now the other person will do the pushups while the other person hops.

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



Don't Touch the Ground

Format: Teams of two people

Equipment Needed: One balloon per team

Setup: Have both partners stand in a crab walk position in front of each other.

Blow up the balloon and have one partner hold onto it.

Objective: The team to have the lowest number of drops will win.

How to Play: When the time starts, the partner holding the balloon will toss it up into the air between them and their partner.

Both partners must use nothing but their feet to hit the balloon into the air to make sure the balloon doesn't touch the ground.

They must stay in a crab walk position the whole time of the game.

Every time the balloon touches the ground it counts as a drop. If it drops a partner will grab the balloon off of the ground and toss it back up into the air.

At the end of 2-3 minutes the partners with the least amount of drops will win.

Crescent Duck Unders

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners stand in front of each other with their feet about shoulder width apart.

Objective: The team with the most rotations in the designated amount of time will win.

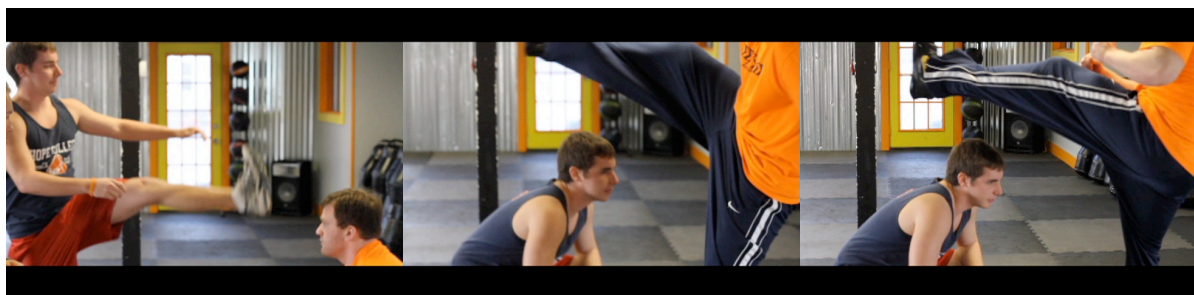
How to Play: When the time begins, one partner will squat down low and the other partner will do a crescent kick over their head with one leg and then the other leg.

A crescent kick is a circular kick, where someone takes their leg and draws a "rainbow" over the person squatting down.

Once both legs have kicked over the squatting partner, the squatting partner will stand up and then the opposite partner will squat down and they will kick over them.

Every time a partner kicks over the squatting partner with both legs, it counts as a rotation.

Have each team keep track of their rotations and then at the end of 2 minutes, the team with the most rotations will win.



Draw

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners sit on the ground back to back, with their legs out straight in front of them.

Objective: The first person to complete the squat hops will win.

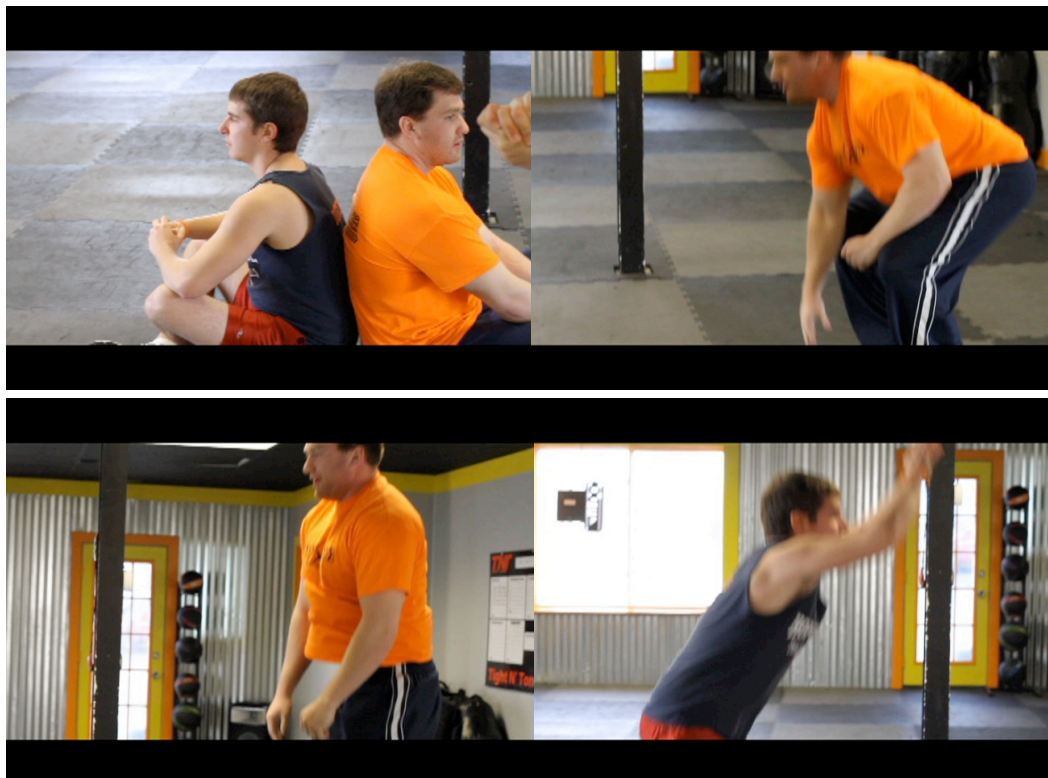
How to Play: When the instructor says, “draw” the partners will have to stand up and face each other.

Once they have stood up and turned around to face their partner, they will perform 20 squat hops or total body extensions.

The first person to perform the 20 squat hops will win.

Feel free to switch partners up after the first game or play numerous games to see who can get the most points (matches won).

**This is a killer game at the end of a “leg night”.*



Partner Pull-up Race

Format: Teams of two people

Equipment Needed: None

Setup: Have one person hold in a squat position and the other partner will lie down on the ground, between their legs, facing up looking at their partner's face.

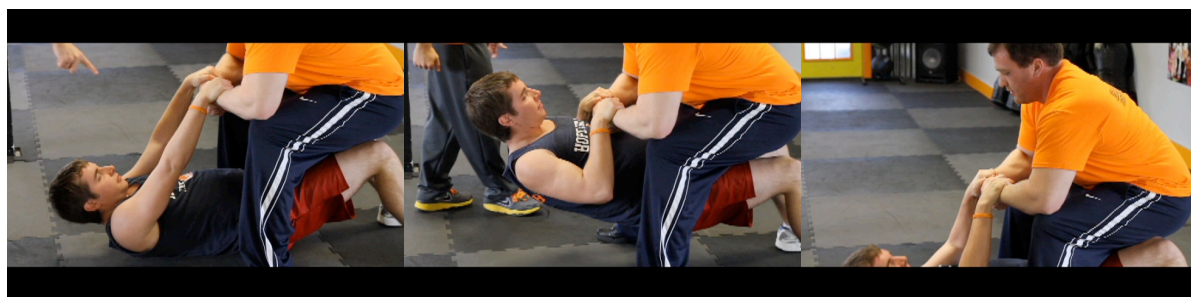
Objective: The first team to complete the race will win.

How to Play: When the race begins, the partner holding in the squat position will lock their arms together in front of their stomach by grabbing their forearms.

The partner laying on the ground will reach up and grab their forearms and start doing inverted rows/pull-ups.

The laying partner will have to do ten pull-ups and then after that the partners will switch rolls.

The first team to have both people complete ten pull-ups will win the race.



Ab Wrestling

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners stand in front of each other with their arms straight, holding hands.

Objective: The person with the most points at the end of the time limit will win.

How to Play: When the time begins, both partners will keep their arms straight and try to twist the other person off balance.

Every time someone falls off balance (their feet move), the other partner will get a point.

Play this game for about one minute.

The person with the most points at the end of the minute will win.

**Great core game!*



Earthquake Test

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners hold in a pushup position facing each other. Then, have them hold hands with one hand (both partners hold either their left or right hands so that their hands are crossed)

Objective: The person with the most points at the end of the time limit will win.

How to Play: When time begins, the partners will try to pull the other person off balance by moving their hand around in random directions.

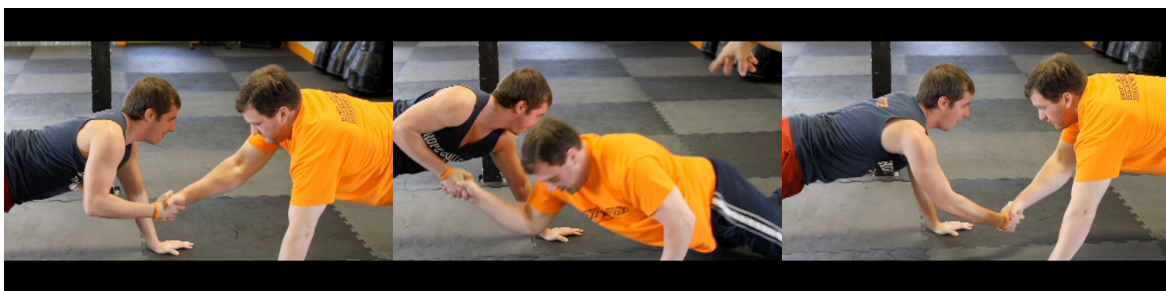
Every time a partner loses balance and falls, the opposite partner will get a point.

When this happens, get back to the starting position and go again.

At the end of one minute, partners will switch hands and play for one additional minute.

When the game ends, the partner with the most points will win.

**To make this game more challenging play it from a plank position instead of a pushup position.*



Heisman Overs

Format: Teams of two people

Equipment Needed: None

Setup: Have one person hold in a pushup position with their feet spread a little wider apart than usual. The other partner will stand on one side of their feet.

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

How to Play: When the game begins, the partner in the pushup position will have to do twenty pushups.

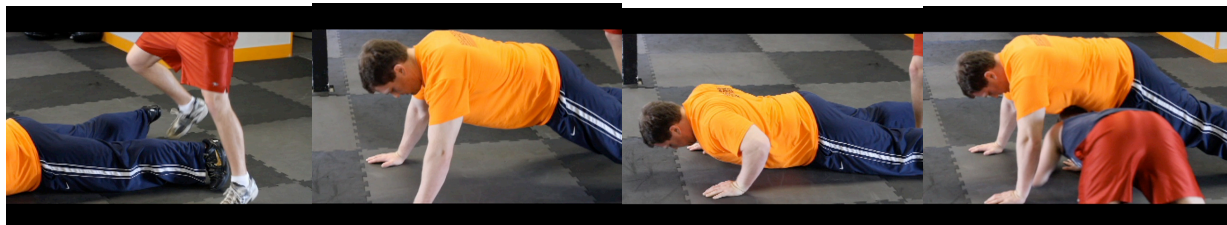
While the one partner is doing pushups, the other partner will do “Heisman’s” by stepping between their legs in a “1,2,3” type fashion of a Heisman shuffle.

Example: if the partner is standing to the right of the pushup partner:

- a. The left foot will step between their legs
- b. Then, the right leg steps between their legs
- c. The left foot will step outside of their legs (to their left side)
- d. Then, the right leg will lift up into the air about hip high.
- e. Repeat this movement to go back to the other side of their body

Once the one partner is done with their pushups, they will switch positions with their partner.

The first team to have both people complete 20 pushups will win the game.



Can't Touch This

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners face each other and hold in a low squat position.

Objective: The person who holds position the longest will win.

How to Play: When the game begins, both partners will hold in a squat position and shuffle down to one end of the floor and back.

They will repeat this process and as they do, the partners must stay moving at all times and stay in the squat position.

If one partner starts to raise up from the squat, the opposite partner wins.

If one partner falls behind and stops shuffling at the speed of the other partner they lose.

The person who keeps a constant pace of shuffling and holds good squat form the longest will be the winner.

**This will destroy their legs...*



No Repeat

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners stand in front of each other about an arm's length apart.

Objective: The first person who doesn't repeat an exercise will win.

How to Play: This is like a glorified game of copy cat...

When the game begins, one partner will perform a rep of an exercise and then the opposite partner will have to repeat that exercise.

Once the partner repeats the exercise, it is their turn to do an exercise. Then, the opposite partner will have to do a rep of that exercise.

This back and forth pattern will repeat, but every time a person does an exercise it has to be an exercise that they haven't done yet.

The first person to repeat an exercise will lose and the other person will win.

Try to keep this game moving quick so that both partners have to think fast on their feet.



Cone Touch Race

Format: Teams of two people

Equipment Needed: One cone (or other object) per team of two people.

Setup: Have one person hold in a pushup position and then the other partner will grab their legs.

Place a cone or other object in front of the person in the pushup position.

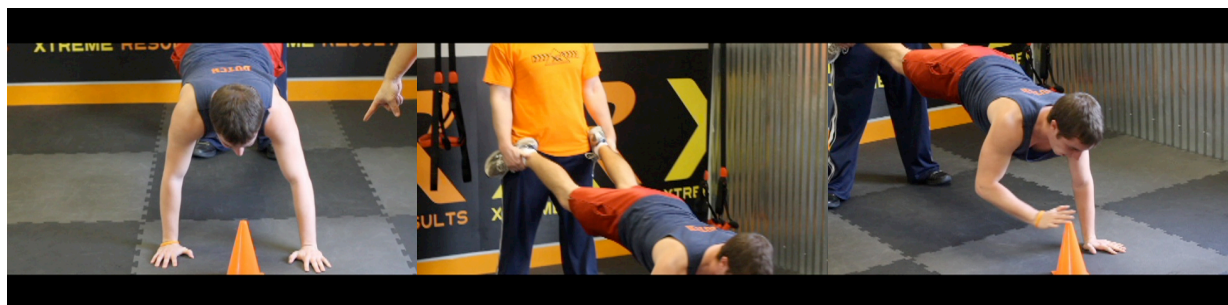
Objective: The first team to complete three rotations will win.

How to Play: When the game begins, the partner in the pushup position will have to touch the top of the cone with both hands 20 times (20 times each hand).

Then, when they have completed this, they will switch rolls with their partner by holding their feet in a pushup position.

Once both partners have touched the top of the cone 20 times each hand, that counts as one rotation.

The first team to get three rotations of touching the cone will win.



Climbing Sprint Start Race

Format: Teams of two people

Equipment Needed: None

Setup: Have each partner stand on opposite sides of the floor facing each other.

Objective: The first team to complete ten mountain climbers on each leg will win.

How to Play: When the game begins, one partner will do two mountain climbers on each leg and then run down to give their partner a “high five”.

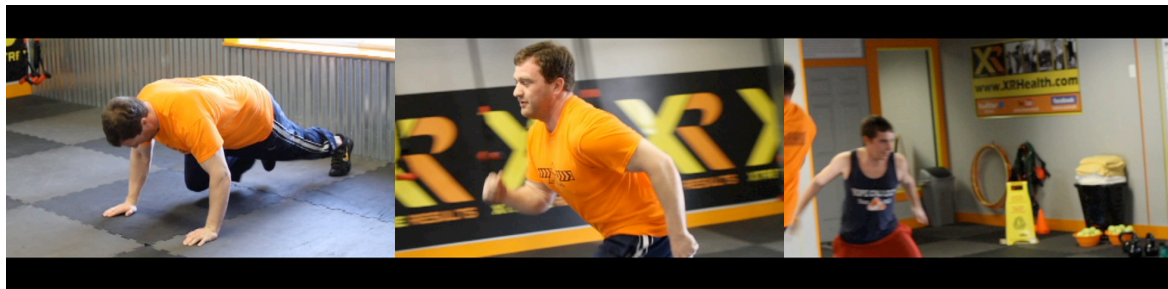
Once the partners slap hands, the other partner will run down and do two mountain climbers on each leg, run back and slap hands with their partner.

This back and forth motion will continue and each time a partner runs down to do mountain climbers, the mountain climbers will increase by two on each leg.

Example: First time: 2 mountain climbers on each leg
 Second time: 4 mountain climbers on each leg
 Third time: 6 mountain climbers on each leg
 Fourth time: 8 mountain climbers on each leg
 Fifth time: 10 mountain climbers on each leg

After each partner has completed ten mountain climbers on each side they are done.

The first team to complete the ten mountain climbers will win the race.



Knock the Totem Pole

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners stand facing each other standing on one leg, holding their hands up about chest height.

Objective: The person with the most points wins.

How to Play: This is similar to the “Sumo Slap Tag” in the [TT Boot Camp Games Manual...](#)

When the game starts, the partners will begin to “slap” each other’s hands trying to knock their partner off balance.

Every time a partner loses their balance or touches their other foot to the ground, the other partner gets a point.

At the end of one minute, have the partners switch legs and play for an additional minute.

At the end of the two minute time limit, the person with the most points will win.



Falling Down the Ladder

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners stand facing each other.

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

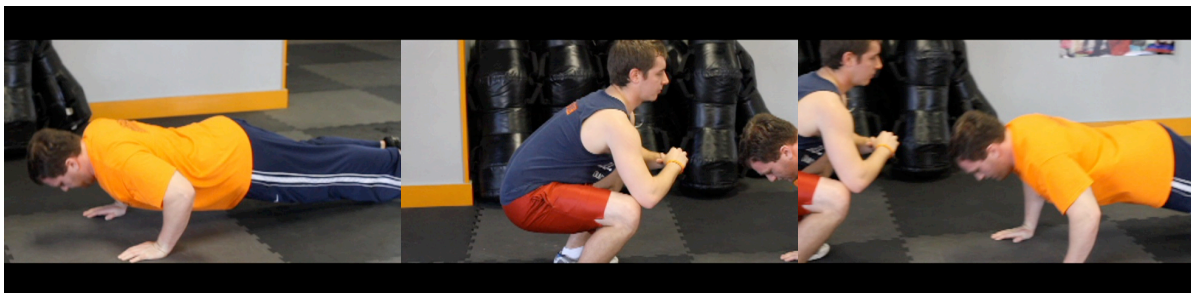
How to Play: When the game begins, one partner will do ten burpees, while the other partner holds in a squat position.

Once they have completed their ten burpees, the other partner will do ten burpees and they will hold in a squat position and wait for their teammate.

This back and forth format will continue down the ladder by both partners doing nine burpees, then eight, seven...all of the way to one burpee.

Once both partners have completed the ladder they are done.

The first team to complete the ladder will win.



Over the Mountain Through the Tunnel

Format: Teams of two people

Equipment Needed: None

Setup: Have one person hold in a pushup position and the other partner will be standing perpendicular to the partner in the pushup position.

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

How to Play: When the game begins, the partner in the pushup position will hold in the “down” position of the pushup, then the other partner will jump over them.

Once the partner lands on the other side of the pushup partner, the pushup partner will hold in the “up” position of the pushup.

When they are holding in the “up” position, the other partner will crawl under them.

Once the partner has jumped over and crawled under their partner, it will count as one rep.

They have to do ten reps and then switch partners.

Once both partners have completed ten reps they will have done a full rotation.

The first team to complete a full rotation will win.



Partner Combo Add-on

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners stand in front of each other.

Objective: The person who doesn't mess up the combination will win.

How to Play: When the game begins, one partner will perform one repetition of an exercise.

After that, the other partner will have to perform that exercise plus one more that they will do.

This will continue to go back and forth, each time the partners will have to do the full combination and add on one more exercise to the combination.

If someone messes the combination up, then they lose and the other person wins.



Supersetter

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners stand next to each other facing the same direction.

Objective: The team with the most rotations in three minutes will win.

How to Play: When time starts, one partner will do seven burpees while the other partner is doing seven squats.

Once they both complete their reps, they will switch exercises.

After both partners have completed both the burpees and the squats, it will count as one rotation.

The team with the most rotations at the end of three minutes will be the winning team.



Rabbits & Ducks & Bears, Oh My

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners stand in a line (one person behind the other) facing the same direction, on one side of the floor.

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

How to Play: When the game begins, the first partner will rabbit hop down the floor, keeping their feet together.

Once they reach the opposite side of the floor, they must rabbit hop back to their partner and slap hands.

When they slap hands the other partner will rabbit hop down the floor and back.

Once both partners have hopped down and back, they will move to Duck walks.

One partner will duck walk down and back and then switch with their partner.

When the duck walks are completed, they will move to bear crawls down the floor and back.

After both partners have completed their bear crawls, they are done.

The first team to finish will win.



Bear Calf Tag

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners stand in a bear crawl position facing each other.

Objective: The person with the most points at the end of the time limit wins.

How to Play: When time begins, both partners will try to tag the other person's calves with their hands.

Both partners must remain in bear crawl position for the entire game.

Every time a partner tags the calf of their partner, they will receive one point.

At the end of one to two minutes, the person with the most points will win.



Crab Fight!

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners stand in front of each other in a crab walk position.

Objective: The person who has the most points at the end of the time limit will win.

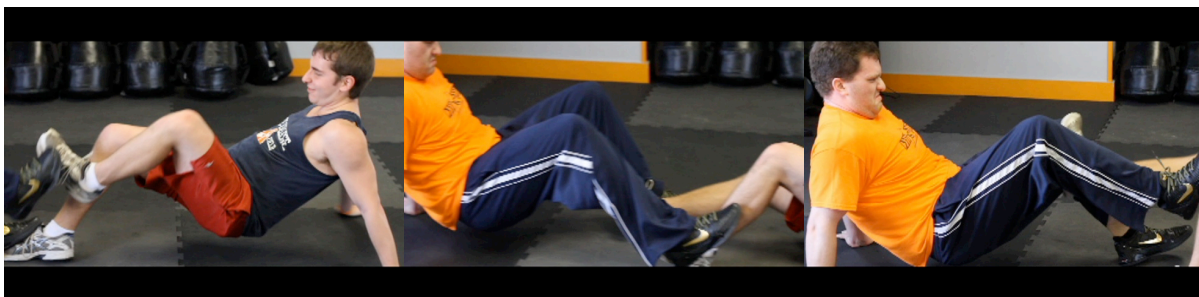
How to Play: When time begins, both partners will try to use their feet to “sweep” their partner off balance.

Partners can sweep either the legs or the arms of the opposite person in an effort to knock them off balance.

If a partner gets the other person's butt to touch the ground they get a point.

Both partners must stay in crab walk position for the whole game.

This is just like King Crab, but on a smaller scale with a twist.



Partner One Arm Pushups Race

Format: Teams of two people

Equipment Needed: None

Setup: Have both partners lie stomach down on the ground (in a pushup position), side by side next to each other.

Then, have both partners put the arms of the “touching sides” around each other’s backs.

The other hands will be palms down on the ground ready for pushups.

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

How to Play: When time begins, the partners will have to work together and complete as many pushups as they can while staying in this “team pushup” position.

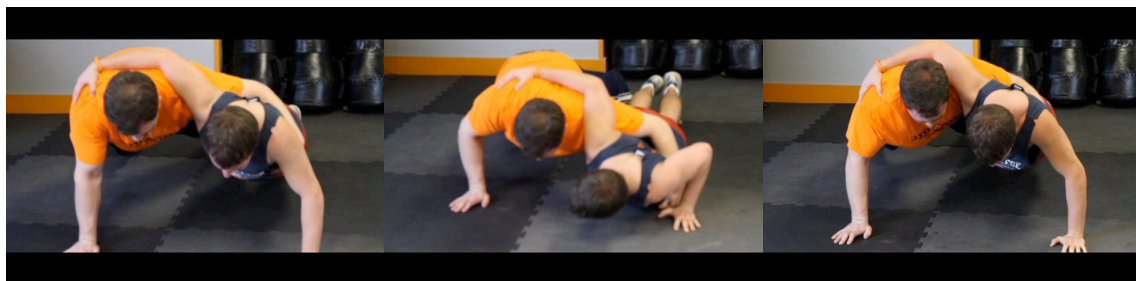
Play this for about one minute and have each team of partners keep track of their reps.

Then, after the minute, have the partners switch sides so that both hands get a workout.

After both sides of the teams have been worked, have each team tally up their reps.

The team with the most reps will win.

**To make this easier, have each team of partners do the pushups from their knees.*



Side Shimmy Wheelbarrow Race

Format: Teams of two people

Equipment Needed: None

Setup: Have one partner hold the other one in a wheelbarrow position with both partners facing sideways.

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

How to Play: When the race starts, each team of partners will advance down the floor by doing a side step/squat while the other partner does a side shuffle/pushup.

Each team of partners will continue this motion down the floor and back.

Once the team has reached the starting line, they will switch partners and now the other one will do the pushups and the other will squat.

When, both partners have gone down in back in both positions they will have completed the race.

The first team to complete the race will win.



Crisscross

Format: Teams of two people

Equipment Needed: One cone (or object) for each team of partners.

Setup: Have both partners stand on opposite sides of the floor facing each other.

Then, place an object like a cone between them.

Objective: The person who has the most points at the end of the time limit will win.

How to Play: When time begins each partner will do ten pushups and then they will run toward their partner on the opposite side of the floor.

On the way to the other side they will touch the cone (without knocking it down).

Every time they touch the cone they get a point.

Once they arrive on the other end of the floor, they will do another ten pushups and repeat this running and touching the cone process.

Play this game for two to three minutes.

We call this crisscross because the partners are constantly crisscrossing with each other when they run to the other side of the floor.



Pushup Cone Touch Face-off

Format: Teams of two people

Equipment Needed: One Cone per Team of Partners

Setup: Have both partners hold in a pushup position facing each other head on with a cone between them.

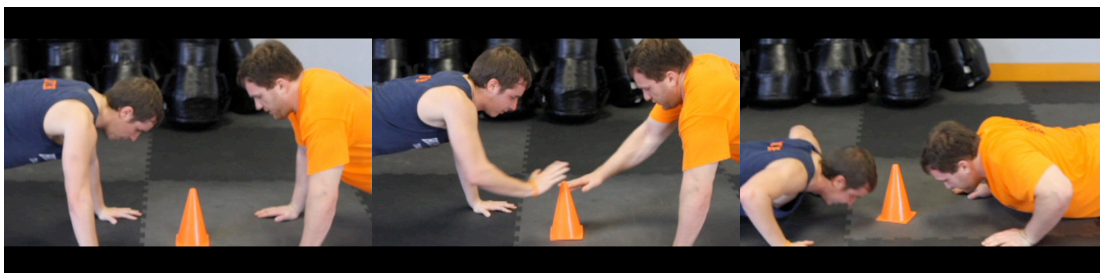
Objective: The person with the most points at the end of the time limit will win.

How to Play: When time begins, each partner will do one pushup and then touch each hand to the top of the cone.

Every time both hands touch the top of the cone, they get a point.

If they knock the cone over, they lose ALL of their points.

The partner with the most points at the end of one to two minutes will win.



Levels

Format: Teams of two people

Equipment Needed: None

Setup: Have one partner hold in a plank position while the other partner is also in a plank position lined up "feet in front of head".

Objective: The first team to make it down the floor and back will win.

How to Play: When the race begins, the partner behind the first partner will army crawl around their partner.

Once they reach the space ahead of their planking partner, they will hold in a plank position.

Then the other partner will “army crawl” around them and wait in a plank position.

This format will continue all of the way down the floor and back to the starting line.

The first team to go down the floor and make it back to the starting line will win.



Jump the Rock

Format: Teams of two people

Equipment Needed: None

Setup: Have one partner crouch down in a “rock” position and the other partner will be standing behind them.

Objective: The first team to make it down the floor and back will win.

How to Play: When the race begins, the standing partner will jump over the crouching partner and land and hold in a squat position.

When they land in their squat position, the crouching partner will bear crawl around them and get back into a crouched “rock” position.

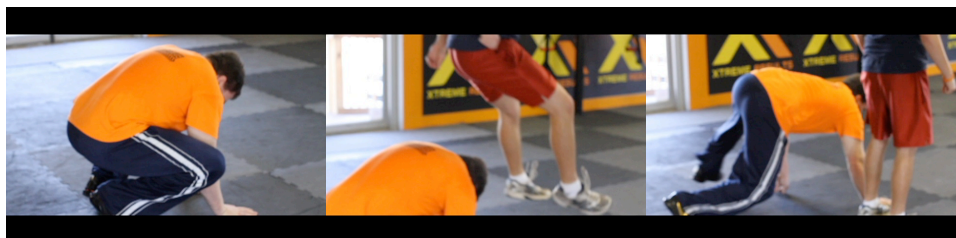
When the crouching partner is positioned again, the squatting partner will jump over them again.

This will continue down the floor and back.

Once they are back, they will switch rolls and the other person will be the squatter and the other partner will be the rock.

Then, once again they will move down the floor and back.

The first team to move down the floor and back twice will win.



Climbing Rocky Mountains

Format: Teams of two people

Equipment Needed: None

Setup: Have one partner crouch down in a “rock” position and the other partner will be in a pushup position behind them.

Objective: The first team to make it down the floor and back twice will win.

How to Play: When the race begins, the person in the pushup position will perform ten mountain climbers on each leg and then hop over their crouching partner.

Once the partner hops over, they will land and get into a crouching position.

When, this happens the opposite partner will now perform ten mountain climbers on each leg and hop over their partner.

This will continue until both partners have gone down the floor and back to the starting line twice.

The first team to complete this will win.



Tunnel Landing

Format: Teams of two people

Equipment Needed: None

Setup: Have one partner hold in a pushup/plank position. The other partner will be in a pushup position perpendicular to their partner.

Objective: The team who completes the race first will win.

How to Play: When the race starts, the person perpendicular to their partner will perform ten dive bomber pushups by driving their head underneath their partner holding in the pushup/plank position.

When the ten reps are completed, the other partner will do the pushups while they hold.

The first team to complete the race will win.



Push the Button

Format: Teams of two people

Equipment Needed: None

Setup: Have one partner get into a pushup position and the other partner will lie on the ground with their fist below their partner's sternum.

Objective: The team that does the most burpees will win.

How to Play: When the game starts, the person in the pushup position will need to do a pushup and touch their chest to their partner's fist ten times.

On the tenth touch, the partner holding their fist on the ground will perform one burpee and then get back into their position.

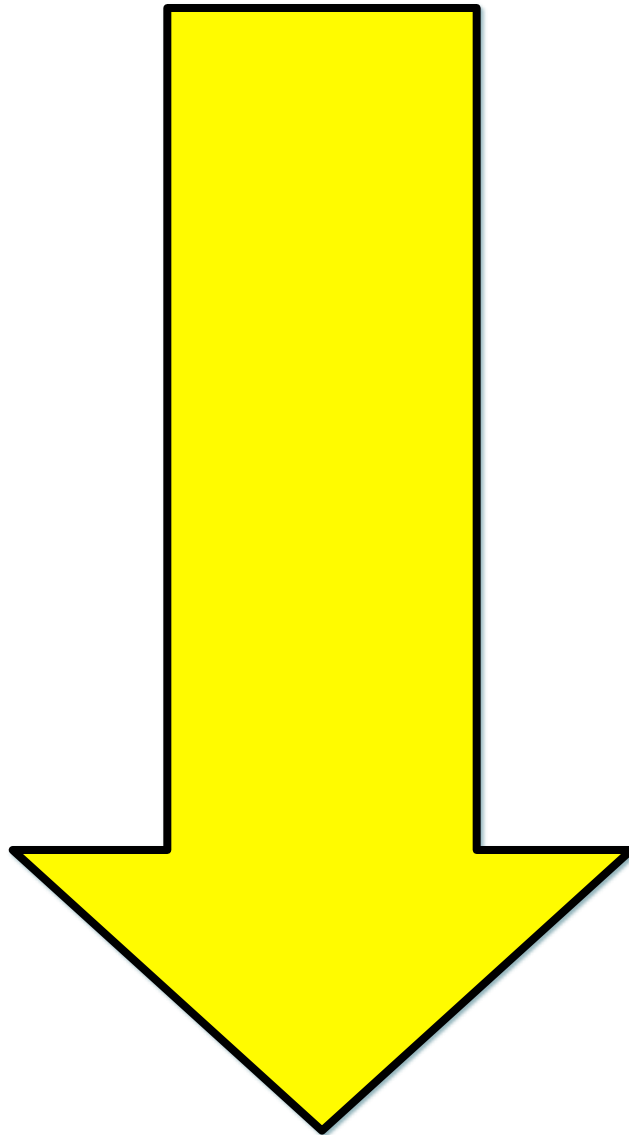
This will repeat as many times as possible in one minute.

Then, after the minute, switch partner rolls.

The team that has completed the most burpees at the end of the two minute time limit will be the winner.

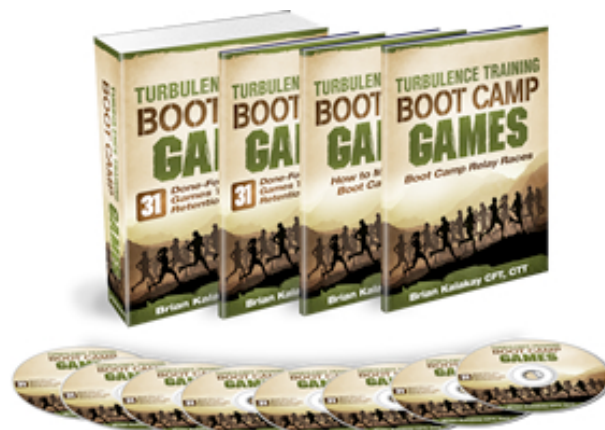


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