Number shoot Game

Equipment – None

Rules – This math/physical activity game is fun for all! All you do is preselect what exercise to complete. Everyone puts a number behind their backs with their fingers. Then, everyone playing must select odds or evens. On three, you shoot your hand in front of you, add them all up, and depending on what the total is, someone is going to complete the exercise.

Exercise ideas – situps, pushups, lunges, squats, burpees, mountain climbers, stretches, jumping jacks, high knees, butt kickers, invisible jump rope, wall sits, etc.