

Rock, Paper, Scissors, Splits

This is a fun stretching game that needs very little space.

It is a good idea to warm up a bit before stretching.

5 jumping jacks, 5 burpees, and we are good to go!

Two or more players are needed for this game.

Start by pairing up with a challenger.

Facing each other, stand toe to toe.

Play 1 round of R,P,S.

The winner places her front foot directly behind her back foot.

The loser slides his front foot forward until touching his challenger,s toes.

Never move your back foot.

Continue playing until one player loses balance or splits out.

Switch challengers or play “best out of three”.