



Conditioning Games

Workout 1

You will need the following:

- Sliders
- Small Markers
- Cones
- Foam blocks or sponges
- Jump Rope
- Bean Bags

Name
Games Slider Push Race
Pushup Shuffle Race
Lateral Hops Race
Crab walk race
Jump Rope Race
Shuttle Run Race
Jump Rope Jog Race
Bean Bag Toe Throw
Lateral Shuttle Run Race
Snowball Fight