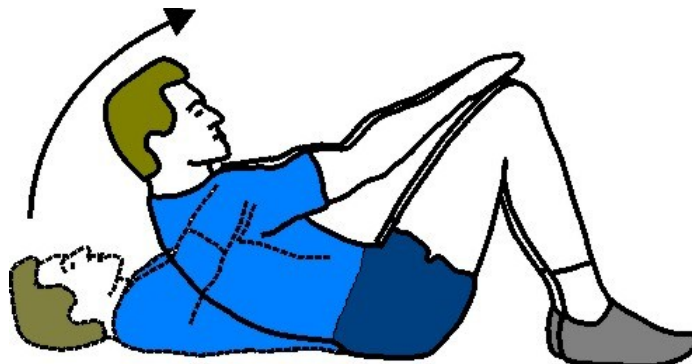


CURL-UP "MIRROR ME"

DIRECTIONS: Follow the form of the curl-up and continue to use proper form throughout the game. You may step on each other's feet if that makes it easier to curl-up.

CURL-UP FORM

1. Lay on your back with your knees bent at a 90-degree angle. Feet are 12 inches apart and flat on the ground.
2. Place your hands by your side, flat on the ground OR you can cross your arms across your chest.
3. Slowly lift your upper back and torso off of the ground by flexing your abs.
4. You should rise up so that your back is at a 45-degree angle with the ground.
5. Slowly lower yourself back down towards the ground back to starting position.
6. Repeat motion continuously until you complete the set.



RULES (Play to any score you want)

GOAL: GUESS THE SAME NUMBER THAT YOUR PARTNER SHOWS YOU TO MAKE THEM DO JUMPING JACKS.

1. YOU MUST REMAIN IN CURL-UP POSITION THE ENTIRE TIME. (NO ELBOWS)
2. YOU CAN ONLY CHOOSE A NUMBER 1-10.
3. START WITH A GAME OF "ROCK-PAPER-SCISSORS" TO SEE WHO STARTS
4. ONE PERSON **CHOOSES A NUMBER** TO SHOW WHEN THEY COME UP. THE OTHER PERSON IS **TRYING TO GUESS THE SAME NUMBER.**
5. IF YOUR PARTNER GUESSES THE SAME NUMBER, YOU HAVE TO STAND UP AND **DO 20 JUMPING JACKS.**
6. **TAKE TURNS** CHOOSING WHO IS CHOOSING THE NUMBER AND WHO IS GUESSING.

*****YOU DO NOT NEED TO DO JUMPING JACKS. YOU CAN CHOOSE ANY TYPE OF EXERCISE. IDEAS:**

- PUSH-UPS
- RUNNING IN PLACE
- PLANK
- SQUAT JUMPS