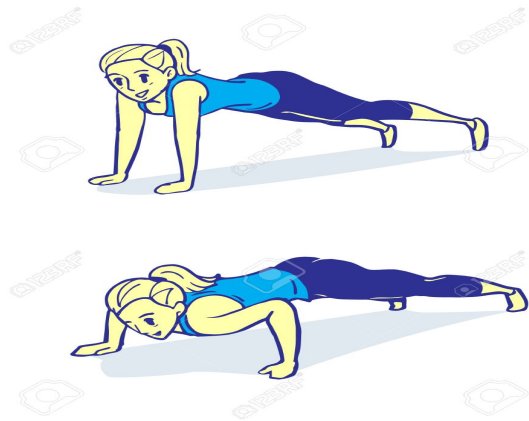


“PENALTY FLICKS”

DIRECTIONS: Follow the form of the push-up and remain in an “Up”/Plank position for duration of the game.

Push-Up Form

1. Palms on the floor, shoulder width apart, with fingers spread pointed straight ahead.
2. Toes and balls of feet on floor at all times.
3. Straight and flat back and body.
4. Bend arms until your elbows are 90 degrees.
5. Extend arm and return to starting position.



*****DO NOT PERFORM PUSH-UP DURING GAME. REMAIN IN “UP” POSITION.**

RULES (Play to any score you want)

1. YOU MUST REMAIN IN "UP"/PLANK POSITION
2. YOU CAN ONLY **FLICK** THE PAPER BALL
3. YOUR STOMACH/LEGS **CANNOT** TOUCH THE GROUND.
4. START WITH A GAME OF "**ROCK-PAPER-SCISSORS**" TO SEE WHO STARTS
5. YOU ARE ALLOWED TO **BLOCK** THE PAPER BALL FROM SCORING
6. **TAKE TURNS!**

EQUIPMENT NEEDED



CRUMPLED PAPER BALL