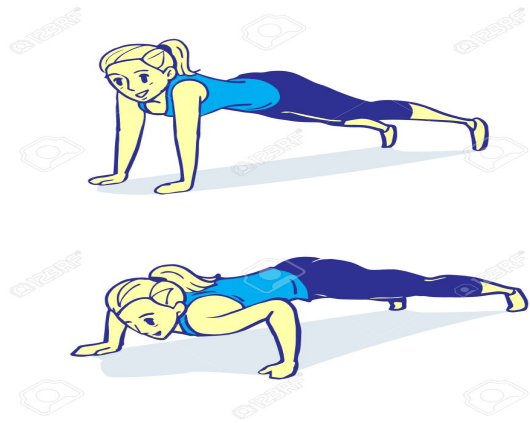


PUSH-UP HOCKEY

DIRECTIONS: Follow the form of the push-up and remain in an "Up"/Plank position for duration of the Push-Up Hockey 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.



RULES (Play to any score you want)

1. YOU MUST REMAIN IN "UP"/PLANK POSITION
2. YOU MAY NOT **GRAB** THE "BALL"
3. YOUR STOMACH/LEGS CANNOT TOUCH THE GROUND.
4. START WITH A GAME OF "**ROCK-PAPER-SCISSORS**" TO SEE WHO STARTS
5. EACH SCORE IS **ONE POINT**

EQUIPMENT NEEDED



BALL OF SOCK