

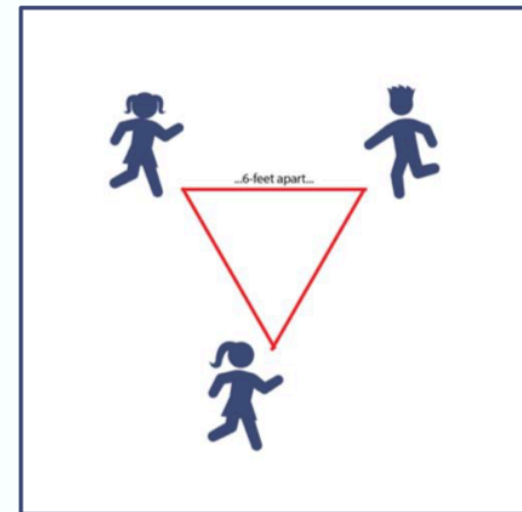
# STRONG, STRETCH, SWEAT RPS

## Game Set-Up

- Stand in a triangle, with 3 partners 6 feet apart from each other.
- Use the Strong, Stretch, Sweat Exercise Chart.

## Game Instructions

- The object of Strong, Stretch, Sweat RPS is to complete as many health-related fitness exercises as you can with your partners.
- On the start signal, all 3 players will call out, “Strong, Sweat, Stretch, SHOW!” As you say “show,” all 3 players will show rock, paper, or scissor.
- If 2 or 3 players show the same object, that object “wins” and all players will perform the exercise in that category from the exercise chart.
- If each player shows a different symbol, then each will perform the exercise from the category matching their own symbol.



**Rock** = Strong / Muscular Fitness

**Paper** = Stretch / Flexibility

**Scissor** = Sweat / Aerobic Capacity

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*Help everyone stay healthy with social distancing. Stand 6 feet from your friends and keep your hands in your own personal space.*