



## Get Up & Move Rock Paper Scissors Workout

<https://www.youtube.com/watch?v=-1j-SRDeXjM>

### Warm up

- Right arm across your chest, using your left hand pull your right arm closer to your body for 10 seconds and then switch arms.
- Arms out to your sides and up like a cross, you'll make 10 tiny circles with your arm. Then you'll make 10 medium circles and then 10 huge circles.
- You'll bring your feet together and you'll reach for your toes for 10 seconds
- Next you'll spread your feet apart and you'll reach for your right foot for 10 seconds and then move to your left foot for 10 seconds.

### Instructions

There are three rounds in the rock paper scissors workout. Each round consists of a different exercise. Members will play five games of rock paper scissors each round. After each game, the member who was outplayed will perform the exercise of that round. If there is a tie, both members will perform the exercise. Feel free to change the exercises to any other exercises you would like to perform. You can also play more rounds or play more games of rock paper scissors in each round.

### Rules of Rock Paper Scissors

The goal of rock paper scissors is for players to select one of three objects that will beat the selection of the opponent. The three objects are rock, paper, and scissors. Rock beats scissors, scissors beats paper, and paper beats rock. Players start by placing one closed-fist over the open palm of their other hand. Players will then say "Rock!" and pat their closed fist on their hand one time. After saying rock, players will say "Paper!" and pat their fist on their hand a second time. After saying paper, players will say "Scissors" and instead of just patting their fist on their hand, they will show which object they would like to select. Rock can be shown by keeping your fist entirely closed. Paper can be shown by straightening all your fingers and making your hand flat like a paper. Scissors can be shown by extending only your pointer and middle finger, making a scissor-like shape with your hands. As mentioned above, rock beats scissors, scissors beats paper, and paper beats rock.



**Rock**



**Paper**



**Scissors**



<b>Round 1</b>	<b>5 squats</b>
<b>Round 2</b>	<b>5 push-ups</b>
<b>Round 3</b>	<b>5 jumping jacks</b>

**Example game: Chris vs. Elizabeth**

**Round 1 Exercise = 5 squats**

- Game 1:** Chris uses rock and Elizabeth uses paper. Chris does 5 squats.
- Game 2:** Chris uses paper and Elizabeth uses scissors. Chris does 5 squats.
- Game 3:** Chris uses paper and Elizabeth uses rock. Elizabeth does 5 squats.
- Game 4:** Chris uses scissors and Elizabeth uses paper. Elizabeth does 5 squats.
- Game 5:** Chris and Elizabeth use paper. Chris and Elizabeth do 5 squats.

**Round 2 Exercise = 5 push-ups**

- Game 1:** Chris uses scissors and Elizabeth uses paper. Elizabeth does 5 push-ups.
- Game 2:** Chris and Elizabeth use rock. Chris and Elizabeth do 5 push-ups.
- Game 3:** Chris and Elizabeth use rock. Chris and Elizabeth do 5 push-ups.
- Game 4:** Chris uses paper and Elizabeth uses scissors. Chris does 5 push-ups.
- Game 5:** Chris and Elizabeth use scissors. Chris and Elizabeth do 5 push-ups.

**Round 3 Exercise = 5 jumping jacks**

- Game 1:** Chris and Elizabeth use rock. Chris and Elizabeth do 5 jumping jacks.
- Game 2:** Chris uses paper and Elizabeth uses rock. Elizabeth does 5 jumping jacks.
- Game 3:** Chris uses paper and Elizabeth uses scissors. Chris does 5 jumping jacks.
- Game 4:** Chris uses paper and Elizabeth uses scissors. Chris does 5 jumping jacks.
- Game 5:** Chris uses scissors and Elizabeth uses rock. Chris does 5 jumping jacks.

**Cool Down**

Find a seat on the floor or on a couch or chair. Make sure your back is nice and straight. Close your eyes with your hands on your lap. Take 10 deep breaths. Repeat if needed. You're all done! Great job! Make sure you drink some water with a healthy snack!