

Team up for a great workout

Working out in a group of two, three, or four can be great motivation and bring variety to your exercise routine. Team members can support and encourage each other and offer creative ideas that make the workout time fly by.

To bring something different to your workout, try the group exercise ideas:



Go the distance: One team member runs a set distance (for example, around a basketball court, parking lot, or track), while the others stay at the starting point and do an exercise such as jumping jacks, sit-ups, or push-ups. After everyone has run, switch exercises and start again.



Stack the deck: Team members decide on an exercise for each suit of cards (for example, hearts are lunges and clubs are squats). Draw a card, and do that amount of the exercise. Drawing the seven of spades could mean doing seven push-ups, for example. When a face card is drawn, team members take turns calling out an exercise and the amount of time it's done (such as "Plank for one minute"). Take smaller numbers out of the deck for a more intense workout.



Combine strength and cardio: Bring a set of hand weights to your workout, and alternate strength and cardiovascular exercises. One or two team members run a set distance, while the others do a strength exercise such as bicep or tricep curls. When the runners return, it's their turn to do a strengthening exercise. Try running backwards, shuffling, skipping, or doing grapevine steps to add variety to the cardio portion of the workout.



Roll the dice: Team members devise a list of 11 exercises. Each team member takes a turn rolling two dice to see which exercise the team will do for a set amount of time, from 30 seconds to a minute or two. Some options include sumo squats (with feet spread apart), one-legged squats, side planks, frog hops, and burpees (jump with arms up, squat down, thrust legs back, return to squatting position, repeat).