

Exercise of the Month



Group Exercise Activity: Scavenger Hunt

Scavenger Hunt Example Items:



Purpose: Have fun while building and improving cardiovascular endurance, cardiovascular output and full body strength. Additionally, this is a great activity for improving member connection and morale.

Target Muscles: The cardiovascular system, as well as the full-body musculature.

Equipment: The equipment required is the predetermined list of scavenger hunt items (items available in most homes or fitness centers).

The Activity:

- Begin by dividing the group exercise participants into two equally sized teams.
- Next, have all participants vote on an exercise (or exercises) to be performed while a selected item is being searched for. Examples include any callisthenic exercises such as jumping jacks, push ups, plyo-lunges, wall sits, etc.
- Different exercises may be selected for different rounds.
- Once the exercise selection has been made, the game rules will be explained as follows:
 - Each team will line up against opposite walls of the group exercise studio (or be separated into virtual teams). Going down the line, each person will be "it" in succession for a round.
 - A random object will be selected/shouted by the instructor, and each team's "it" individual will be charged with finding that object either in their home (virtual GX) or in the fitness center.
 - While the two team's "it" individuals are searching for the requested item, their respective team members will perform the selected exercise until the individual returns with the item. The individual that returns with the object first scores a point that round for their team.
 - This will be repeated until all members of each team have been "it" at least once. The team with the most points wins.

Benefits:

- This group exercise activity is very similar to a HIIT-style group exercise class, and as such benefits include improvements in aerobic/cardiovascular endurance as well as cardiovascular output. Additionally, participants may see an increase in full-body strength.