

ON THE MOVE with Speed Stacks

Table of Contents

WARM-UP Activities..... 4, 5

Stackers & Blasters, Roll 'n Stack, Paper Plate Stacks, Card Stacks, Partner Fitness, Astro Stackers, Inside Out, Leader of the Stack, Stacking with Music

TABLE Activities..... 6, 7

One-on-One Challenge Fun, Table Races, Disappearing Stacker, At Home/Vacation Stackers, Follow the Leader Rotations, Blind Man's Stack, Around the Table

FITNESS STACKING

Flexibility..... 8, 9

Sitting V-Stretch, Long-Sitting Toe Touches, Groin/Butterfly Stretch, Overhead Benders, Windmill, Figure 4, Lunge & Stack, Reverse Inch Worm to Snake Stretch & Stack

Muscular Strength & Endurance 10, 11

Speed Stacks Push-Ups, Put Ups and Take Downs, Aeroplanes, Crab Walk & Stack, 4-Wheel Drive & Stack, Wheelbarrow Stacking, Bent Knee Sit-Ups, Wall Sitting & Stack

Cardiovascular 11, 12, 13

Down & Back Stacking, Demolition at Stack City, Switch Back with Speed Stacks, Fitness Course, Sharks & Swimmers Tag, March Madness "ELITE 8," March Madness "SWEET 16"

A Speed Stacks Physical Fitness Challenge..... 13

SKILL-RELATED FITNESS Activities

Agility & Coordination Shuttle Run, Agility Slide, Down-Under Agility 14

Balance Balance Boards, Exercise Ball Challenge, Stork Stack, Hop & Stack .. 15

Reaction Time Quick Draw..... 15

Speed Rapid Fire (Hand Speed Workout)..... 16

Power Power Jump & Stack It..... 16

FLOOR & TABLE RELAY Activities..... 17, 18

Continuous Relays, 4-Person Competition Table Relays, Floor Relays

CHALLENGE Activities..... 19, 20

Personal Bests, Stacker Challenges, March Madness "FINAL 4," Bump Up-Bump Down, Copy Cat Stacking, Squad Timed Stacking

PARTNER Stacking..... 21

Continuous Up and Down Stacking, Doubles, Cup Choreography

FREESTYLE Stacking..... 22

Empire State Stacking, Egyptian Pyramid Stacking, Cup Creations

UNIT Finale..... 23

Team Novelty Stacking Challenge

APPENDIX..... 24

Floor diagrams for activity set-up

