Instructions

**Set-up:**

* All players in personal space, scattered throughout the activity area.
* Be sure each player has enough room to do jumping jacks safely.

**Instructions:**

* FITMAN is a fitness version of the game Hangman. As a class, we’re trying to solve the FITMAN Word Puzzle.
* We must “buy” a letter-guess as a group by doing jumping jacks (or another exercise). The number of repetitions required is determined by the number of letter-spaces that are still blank in the puzzle.
  + *For example*, to start solving a 5-letter fitness word, we will need to do 5 jumping jacks in order to buy our first guess. After we guess a letter correctly and fill in 1 space, we will need to do 4 jumping jacks to make the next guess, and so on.
* Everyone will get a chance to guess. We’ll start with the students at the back of the room and continue through everyone until the word puzzle is solved.
* Next, we’ll debrief by answering a few questions as a class, and then we’ll start a new puzzle. The guessing order will restart where the last puzzle’s order ended.

ROUND 1

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ROUND 2

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ROUND 3

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ROUND 4

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ROUND 5

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Round 6

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Round 7

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Round 8

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Round 9

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