

- 1. The opposite of play is not work...the opposite of play is depression.** Play and work are mutually supportive; neither can thrive without the other. We need the newness of play, its sense of flow, and being in the moment. We need the sense of discovery and liveliness that it provides. We also need the purpose of work, the sense that we are doing service for others, and most of us need to feel competent.

Play is typically (1) Fast and (2) Fun – too often with exercise, we use fast/plyometric training, and focus on the intensity and less on the fun.

Your movement is plyometric when...

- ...there is a rapid pre-stretch, followed by rapid contraction
- ...the speed of movement is sufficient to activate the stretch reflex

Your movement is fun when there is...

- Anticipation – slight uncertainty or risk, but not so great that it overwhelms the fun
- Surprise – the unexpected, a discovery, a new sensation or idea
- Pleasure, Understanding, Strength, Poise

KEY POINT: You are never going to have peak experiences if you never allow yourself to go through some discomfort in a safe enough way that the discomfort allows exploration. (Consider how fearful and negative many people's perceptions are of exercise – few people view it as the key to discovery.)

- 2. Stimulate More of the Senses During Exercise – add elements of reactivity and friendly competition (with self or others)**

- Enhances the emotional experience of exercise
- Reactivity makes the activity more engaging. When you lose yourself in the experience you can work hard without realizing how hard you are working. (This is a good thing for people who may not love structured exercise)
- Human brain evolved to solve problems while moving and physically multi-task.

- 3. Why Play?**

- Provides a safe environment for people to be intense without focusing on the intensity.
- Play provides “rehearsal” for real-life situations involving varied physical responses and social interaction.

- 4. Fitness Transformation**

- We know that with consistent effort at the right intensity, physical transformation is possible...but most people quit before real change happens.
- You can't change physically in a single session, but you can change someone's mindset and attitude about fitness and exercise by having them experience physical intensity with enjoyment. Put a smile on their faces when being intense and you can change attitudes about exercise, which leads to consistent effort and regular participation.

- 5. Workout is divided into circuits (using exercises) and games.** In general, the exercises require two or more people so are all interactive and partner-based. At the end of each circuit, participants play one of the games.

Exercises (for circuit portion) – 2 types:

- Simultaneous: both partners working at same time
- Alternating: one partner works while other facilitates (need to do two sets consecutively)

NOTE: Below is an exercise library of options to use with this type of exercise programming. Our workout in session will be based on some, but not all, of these based on available space and equipment.

Simultaneous

- Merry Go Around
- V-Sit with Foot High-5
- High-5 War
- See-Saw (Beast Ropes or Long Tube with Handles)
- Surfboard Squat
- Balloon Tap Shuffle
- Partner Chest Pass (3 people)
- ViPR Battle
- ViPR Flips
- Qube/Plyo Box Flips (like tire flips)
- Alternating Slams (Beast Ropes)
- Tire Pass
- Alternating Hand Slap Squats
- Rubber Chicken Foot Toss
- Funky Jacks
- ViPR lateral shuffle flips – reactive; heavier ViPR gets to set pace
- Hot Potato w/Med Ball
- BOSU Med Ball Rebounder
- Dice (roll to determine exercise and reps)
- Partner Single Arm Medicine Ball Slam
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Alternating

- “Water Ski” (with gliding discs)
- Partner “wheelbarrow” squat – hold ankles of partner in plank / use their bodyweight for squat
- Combat Squat
- Mirror Game
- Reactive Qube – touch or verbalize which side of Qube to put face up
- Surf Jumps – with Step and Risers (reactive with partner pointing or using numbers, etc.)
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Games

- Rubber Chicken Tag
 - Person who is “it,” holds a rubber chicken and can only tag other people with the chicken.
- Naughties vs. Neats
 - Stand up about a dozen cones
- Dynamax/Medicine Ball Bocce
 - Play bocce using medicine balls – with a tennis ball or other small ball as the pallino. Play multiple rounds quickly and keep score for which team wins (rather than having an individual win)
- Dynamax Musical Chairs
- Balloon Circle – everyone links arms together, keeps balloons up with feet

- Box Push Relay
- Clean Up My Backyard – use rubber chickens, balls, etc.; divide groups and room in half
- Side Plank Circle w/Stability Balls
- Add on (memory/exercise game)
- Directional Stationary Runs – (use only R,L,F,B but relative to initial facing position)
- Human Frogger (need a larger group)
- Relay Races – various options (great for finishing workout on a high with big energy in the room)
- Tic-Tac-Toe (using DBs and KBs as gamepieces)

To keep up with Funtensity as it gets unleashed (and before I get the dedicated website built ☺):

<http://www.aionfitness.com/funtenstiy.html> (Dedicated Funtensity website is coming soon)

A full one-day Funtensity workshop is available providing 6 hours of CECs from ACE and will prepare attendees to understand willpower, motivation, practical, useful brain science, and how to create workouts and exercises using partner-driven, interactive yet still challenging exercise.

Contact:

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[Abs Revealed](#) (Jonathan's book) and his blogs (See "The Author" menu at the top of main site)

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Professional Facebook Pages:

"Funtensity" & "Abs Revealed"

Additional Notes / Your Exercise Ideas: