



University of Nevada, Reno
Extension
College of Agriculture,
Biotechnology & Natural Resources

Empower Tower

Materials needed:

- **JENGA™ game (or similar wooden stacking blocks)**

Instructions:

On several of the wooden blocks, write an activity (activities can be written on more than one block). Include strength, cardio and flexibility activities.

Each player will remove a block from anywhere below the highest completed level and then place on the top. As each block is pulled out, if an activity is written on the block, complete the activity. The game ends when the tower collapses.

Ideas for strength activities: (Add different number of each activity on several blocks)

- 5 push-ups
- 5 star jumps (jump up with arms and legs out to the sides like a star)
- 10 knee lifts
- 10 lunges (5 on each side)
- 5 squats
- 10 bicycle crunches
- 15 second plank
- 10 chair triceps dips
- 5 inchworms (With knees slightly bent, bend at the hips and reach down to your toes. Place hands on the floor and “crawl” away from your feet until you are in plank position. Take tiny steps forward until your feet meet your hands and stand up)
- 10 side lunges (5 on each side)

Ideas for cardio activities:

- 10 jumping jacks
- 10 butt kicks
- 5 burpees (squat down and place hands on the floor, jump legs back into push up position, jump legs in and jump up)
- 15 seconds seated scissor kicks (sit on the ground with feet in front of you and kick your feet)
- 15 seconds of invisible jump rope
- 10 arm circles
- 5 lateral shuffles (squat slightly and take 3 steps to the left and three steps back to the right)



Ideas for flexibility activities:

- 10 hip rotations
- 10 windmills
- 20 second neck stretch
- 10 shoulder rolls
- 10 second balance each leg
- Ankle roll

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