

Attempting varied physical movement patterns is a fantastic way to enhance the workout. Try some of the additional styles listed to the right, and have fun coming up with your own personalized approach.

FLEX LADDER

- Complete movements while tossing & catching a scarf / handkerchief
- Complete movements while holding a weighted object in each hand

NUMERAL MANIA

- Multiple the numbers instead of adding
- Roll 4 times instead of 3 times

MIRACLE MAZE

- Walk on the lines of the Maze, instead of the space between the lines

AROUND THE USA

- To earn state points mover must name the capitals, state birds, state flags, etc.
- Travel to retrieve the beanbag using varied movement patterns.

BALANCING TRAIL

- Use the remote control car to lead your pathway

TAKING AIM

- Tossing bean bags over your shoulder, while facing away from the mat
- Standing on one leg while tossing bean bag
- Move further away from the mat