
THE **CrossFit** JOURNAL **KIDS**

Mummy Circle

A Halloween-themed workout? Even better than candy!

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October 2013



Set-Up

Mark off a circular area large enough to fit all athletes. It should provide enough space for them to move around.

Game Play

1. Designate one player to be “the mummy.”
2. On “Go,” the mummy must walk without bending his or her arms or legs.
3. Players must determine who the mummy is and then leave the circle of play as fast as possible by doing walking lunges. The mummy tries to tag other players.

4. If the mummy tags another player, he or she becomes a mummy and must try to tag other players as well.
5. Repeat until all players have been converted to mummies.

Options

Other slower-paced exercises may be substituted for walking lunges, such as bear crawls or broad jumps.

This game can also be used as a warm-up.

