
THE CrossFit JOURNAL KIDS

World War Z

By imitating and escaping the undead, your kids will avoid becoming unfit.

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Object

The zombies must catch the humans. The humans must escape the zombies.

Equipment

- 10-by-10-meter play area
- Sandbags, bumper plates, parallettes, crash mats, plyo boxes or any other easy-to-move objects

Set-up

1. Place the objects haphazardly around the play area. If possible, create safe spaces and structures where the humans can hide but the zombies cannot enter (e.g., a crash-mat tunnel or plyo-box mountain).
2. All the players must remove their shoes.
3. Divide class into two equal teams. One team becomes the zombies; the other becomes the humans.
4. This game can be played with four to 30 players.

Game Play

1. The zombies must try to tag the humans, but when doing so they have to walk like a zombie. At all times they have to drag one of their legs and place their same-side hand on their thigh. Their hand must remain in contact with their dragging leg and cannot move while shambling or tagging.
2. The zombies cannot climb over, under or through any of the objects in the play area.
3. The humans are free to run around or climb under, over or through any objects.
4. The humans can also hide in a safe place where zombies cannot get them, such as a crash-mat tunnel.
5. If a human is tagged, play stops and all players—both zombies and humans—must hold a plank position or complete another predetermined exercise, such as 5 push-ups or 10 squats.
6. Play resumes as soon as the exercise is complete.
7. When play resumes, the humans become the zombies, and the zombies become the humans.

Options

Advanced version:

The humans must carry a medicine ball and the zombies must carry a light dumbbell in their “dead” hand.

