nex playground

ACTIVE PLAY PLAYOFFS

60 MINUTES OF ACTIVE PLAY, EVERY DAY

LEARN MORE

STARRI
or
25 JUMPING JACKS

BOXFLOW FITNESS
or
25 SQUAT JUMPS

PARTY FOWL
or
25 SQUATS

MIRRORAMA
or
25 DUCK & WEAVE

HUNGRY HIPPO
or
15 BIG ARM CLAPS

BLUEY KEEPY UPPY
or
25 JUMP HIGH

TMNT
or
25 JUMPS TO DUCK

SWORD SLASH
or
25 AIR PUNCHES

ACTIVE PLAY CHAMPION!

GOAL KEEPER
or
25 SIDE LOUNGES

BOWLING STRIKE
or
25 FRONT LUNGES

PEPPA PIG
or
15 DOWNWARD DOGS

COPY CAT
or
BALANCE ON 1 LEG x5

ZUMBA
or
4 MINS OF DANCE

FRUIT NINJA
or
15 AIR SLICES

CANDY LAND
or
90 SEC RUN IN PLACE JUMP

CARE BEARS
or
90 SEC RUN & DODGE

How to Play the Active Play Playoffs

- Each day, choose a Nex Playground game.
- No device? Just do the featured movement together.
- After you move, advance your pick to the next round in the bracket.
- Repeat daily and build the habit.
- Share your winning game or movement with us!

@nexplayground #ActivePlayPlayoffs