

# Wheelbarrow Races

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## Directions

**Step 1:** Determine a start line and turn-around point about 30 feet away.

**Step 2:** Grab a partner

**Step 3:** On 'GO', one of you gets into the Push-Up position with legs spread about shoulder-width apart. Their partner stands between their spread feet, picks up their ankles, and lifts their legs up.

**Step 4:** The pair walk to the turn-around point - one walking on hands, the other on feet.

**Step 5:** At the turn-around, they switch positions and walk back.



## Variations:

- When the pair reaches the turn-around, they both stand up and run back.
- Then, the "wheelbarrow" person becomes the lifter of the next wheelbarrow.