



Australian Planks

Team-mates must pull together to move as one through a challenging obstacle course. The team must maintain their balance and complete the course in the least amount of time to win.

This is the ultimate teamwork activity. Co-operation, communication, and a sense of humour is key!



Fact File:

Numbers: 8+ participants

Duration: 20-30 minutes

Additional Information:

Anyone with a basic level of fitness can apply – balance is the only thing they require!

Benefits:

Group co-operation is a must. Provides high energy and amusement throughout the group

CONTACT US!

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