

NEXT ENGINEERS

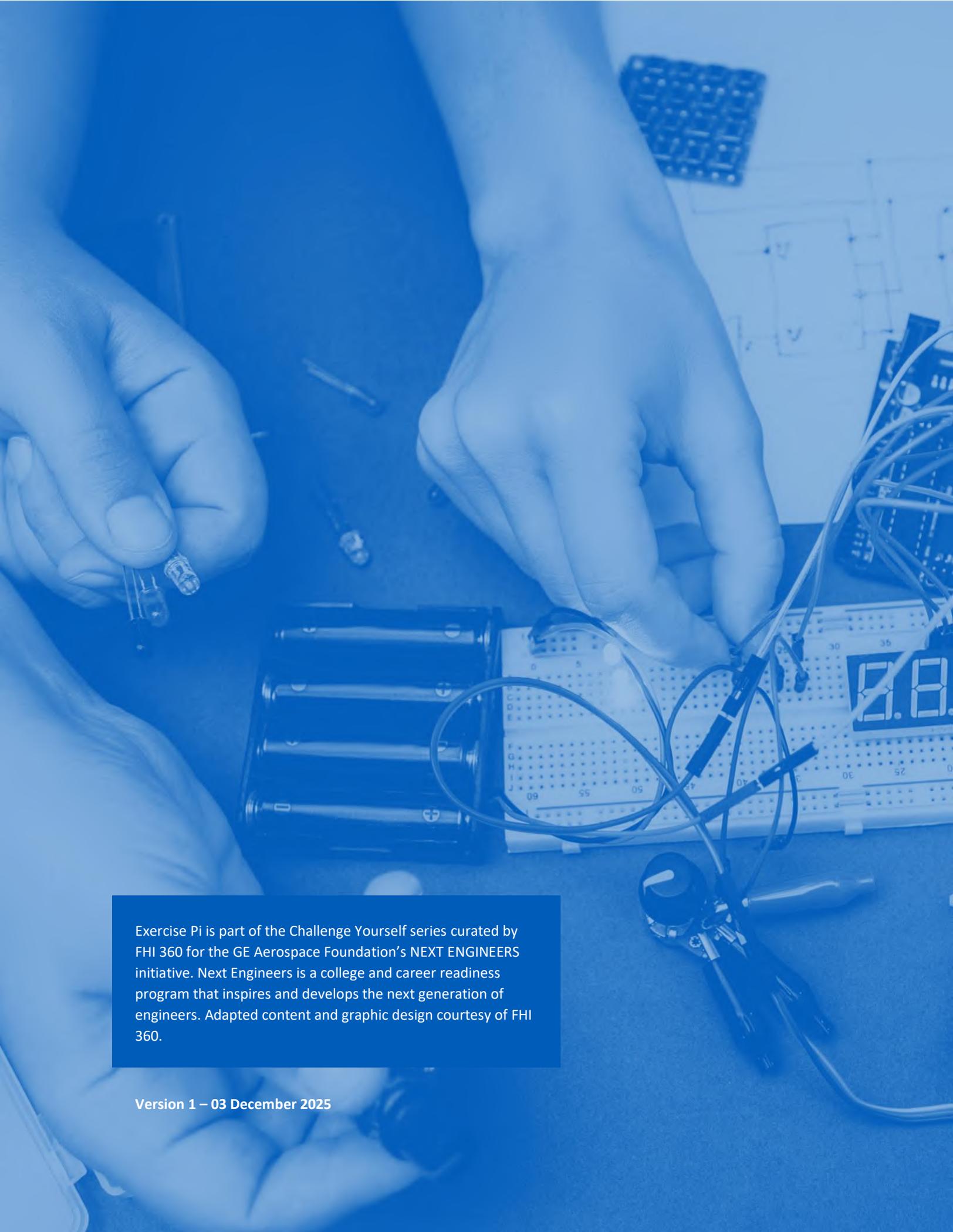


CHALLENGE YOURSELF

Pi Day:
Exercise Pi
All Engineering



NEXT ENGINEERS



Exercise Pi is part of the Challenge Yourself series curated by FHI 360 for the GE Aerospace Foundation's NEXT ENGINEERS initiative. Next Engineers is a college and career readiness program that inspires and develops the next generation of engineers. Adapted content and graphic design courtesy of FHI 360.

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Exercise Pi

NERD OUT

How fit is π ?

If you love sports and keeping fit, here is a great way for you to join in the celebration of Pi Day and help others to get a bit more fit.

Use the digits of π (as many as you like) to design or devise an exercise routine that you can share with the world at [#NextEngineersDIY](#).

You can design any kind of routine you like. For example, the first 10 digits of π are 3.141592653, so you could create a routine as follows:

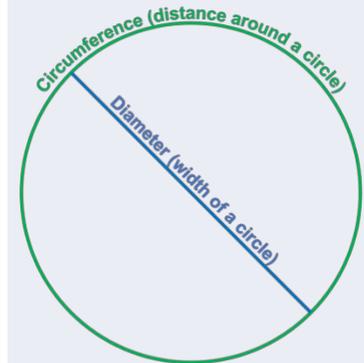
1. Three hops on your left leg
2. One second rest
3. Four hops on your right leg
4. One second rest
5. Five sit-ups
6. Nine seconds rest
7. Two jumping jacks
8. Six push-ups
9. Five seconds rest
10. Three crunches

Get as creative as you like! Use as many digits of π as you like. Use the digits however you like. When you are done, be sure to share a video of you doing the exercise to help inspire the rest of us.



WHAT IS PI?

Pi (represented by the symbol π) is the ratio of the length of a circle's circumference to its diameter and has a value of approximately 3.14.



$$\pi = \frac{\text{Circumference}}{\text{Diameter}} \approx 3.14$$

