

Objective of the game

To be the player with the most points at the end of the game by completing workouts and challenging other players.

Contents: 4 Counters, 20 Tokens, Token tube, Instructions, 4 Category dice (D6), 1 Bonus dice (D6), 3 Number dice (D20), 2-min timer, Special workout gift card.

1 - Setup

To set up the game take all the tokens out of the tube and lay them flat on a table or something near the Arena. Next stack them into 5 different piles of 4 matching them into their according categories (2x, -1pt, FIGHT, Skip Turn, Roll Over). Then let all the players pick 1 of the 4 counters of their choice, this will be how they keep track of their score. Reset all the counters to 00. Place the timer and dedicate someone to keep track of it (when it's not their turn) and place the bonus dice somewhere on the table also. Take the 4 Category dice and place them in a neat line. All roll-off a Number dice of the same difficulty and whoever has the highest score goes first and picks the first category (Wild: automatic win, 1m>: roll again, <1m: roll again). Or find another way of determining, like who can do the longest plank etc. Play then proceeds clockwise.

2 - Turn Sequence

1. Take one of the Number dice according to your level of difficulty (Level 1, 2, 3) and take the category dice that was chosen for that round (we'll specify more on that later).

2. Next roll them together: Example you rolled Push Ups and a 23, This means that you need to do 23 Push Ups.

3. Have the time keeper flip the timer and you now have 2 minutes to complete your workout. Also have the other players eye how your completing the workout in case your cheating...or maybe your back is not straight. You are allowed to take as many breaks as you like so long as you don't run out of time.

4. Once the time runs out it's now time to see if you were successful or not:

Win: You Completed your workout successfully within the 2 minutes of the timer.

Lose: You failed to complete the challenge within the 2 minutes.

Note: All players should agree that you have won or you have lost.

5. If you lost...well try harder next time because it's the next player's turn. If you won then move your counter up by 1 you've scored a point!

3 - Bonuses

1. Dice Bonuses:

- Wild: Roll again and pick your own workout from the category dice chosen. If you roll this 2 or more times then starting from the second time roll the bonus dice to pick one of the 3 good tokens from the bonus token piles.

- <<1m: Roll again and Loose a minute on the timer (this can be a little unaccurite but, judge to the best possible when it has reached its half way mark). This can never make the timer go below 1 min If you roll this 2 or more times starting from the second time loose 1 pt.

- 1m>>: Roll again and gain a minute on the timer (this can be a little unaccurite but, once the timer has run out flip it over again and judge to the best possible when it has reached its half way mark). Theese are stackable meaning that you could roll it 2 or more times and still keep gaining a minute each time you roll it

2. Bonus Dice

Each time you reach one of theese point intervals that we are going to describe roll the bonus dice. Intervals Include 3,6,9,12,15,18,21 ect.

- 2x: Pick up a 2x token
- FIGHT: Pick up a FIGHT token
- Skip Turn: Pick up a skip turn token
- Roll Over: Pick up a roll over token
- -1pt: Pick up a -1pt token
- Wild: Pick 1 from the good tokens

3. Tokens

The 5 different types of tokens are divided into 2 catagories Good and Bad. 3 Good ones and 2 Bad ones. Once you gain a good token you cannot use it that same turn unless other wise specified. Bad tokens are played imediatly unless otherwise specified. Tokens left over at catagory. Once a token is used put it back on the according stack. If you roll a token twice nothing happens.

Good:

- 2x: Can be used whenever on your turn but before you roll the dice. The 2x token when activated allows if you win that turn than you gain double points
- FIGHT: This can be used at any time during the game and can be used in addition to your turn. Randomly select a player by rolling-off,as described earlier when picking who goes first. Then the player who activated it chooses from the catagory one workout and challenges his opposing player to a fight. Each of you get into position and another player not in the fight is referee. The referee flips the timer and both of you do as many of the selected workout as you can within the 2 min reps than the other player wins and gains 3pts. The loosing player looses 1pt.
- Roll Over: Can be used on your turn after you roll and gives you the option to re-roll either the numberd dice or the workout dice of your choice. The roll wether worse or better is now the new roll. You do not get a choice between the two.

Bad:

- Skip Turn: Once this token is gained it enters play immediately and your NEXT turn is skipped. Remove the token back to the according stack once your turn is skipped.

- -1pt: Once this token is gained it enters play immediately. This token is kept until you lose a workout. Once you lose a workout remove token to according stack and lose 1pt

4 - Gameplay

Play goes clockwise from the first player as players continue to keep completing workouts. A round is every time each player completes their turn. Every 5 rounds the player with the highest score picks a new category (not the one that was just played). When the first player reaches 25 pts everybody gets one last turn. The player with the highest points wins and is declared winner. If there is a tie then there has to be a tie breaker.

5 - Tie Breaker

The tied players compete in a tie breaker. The player that is not tied picks a category if there is none then roll-off between the tied player and the winner picks a category. The tied players get into position and does as many reps as possible within 2 min. The winner has won and the game is ended. If you want to even try 30 40 or even 50pt games you can its up to you!

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Categories: Weight Lifting, Calisthenics, Favorite/Popular, Machine

Dice Levels: Level 1 (5-20), Level 2 (20-35) Level 3 (35-50)