

# HOW TO RUN YOUR FIIT30 GAMES

Depending on your FIIT30 space /size and BARBELL or equipment availability in you club, there are several ways you could run the Build or Burn FIIT30 Games session (see below)

## KEY CONSIDERATIONS:

- The Games should ideally be completed in the order listed in the Transformation Planner.
- If there are too many people in the space, it is recommended to just time the exercise completed, rather than the "total time of course".
- This way if there are any disruptions to the flow of exercises/ availability, their results will not be affected.
- Both teams have the same exercises, but different weights/ reps to complete.

*Eg- Member starts cardio, records the time to complete 250 or 500m.*

*They then move onto the first exercise; Deadlift, & record time for reps completed.*

*They then move onto cardio session 2, etc. If there is a backlog or queue, this wont affect their end time.*

**1- SEPARATE SESSIONS for Build / Burn** - This works for large participant numbers, and low equipment spaces.

*eg- set aside 90 mins for one team to "compete" and then schedule the second session after.*

*Staff can keep times or partner the members up in their teams to record results.*

**2- SAME SESSION for Build/ Burn** – This works if you have sufficient equipment & space.

*eg. Build category to start at the top & Burn category start at the bottom.*

*This reduces the likelihood of equipment clashes. Staff or members can keep track of their times.*

## Equipment swaps recommended if Barbell UNAVAILABLE:

DEADLIFT: Barbell optimal

BENCH: Gym floor Barbell, Dumbbells

SQUAT: Barbell optimal (sandbag/ gym floor barbell)

ROW: Barbell optimal (sandbag/ Dumbbells)

SWINGS: Kettlebell

SNATCH: Dumbbell

example layout- Squat will need to be on RIG spread other exercises around/ cardio together

BUILD			
CARDIO	250m	___:___	
DEADLIFT	12-15 reps	___:___	
CARDIO	250m	___:___	
BENCH	12-15 reps	___:___	
CARDIO	250m	___:___	
SQUAT	12-15 reps	___:___	
CARDIO	250m	___:___	
ROW	12-15 reps	___:___	
CARDIO	250m	___:___	
SWINGS	12-15 reps	___:___	
CARDIO	250m	___:___	
SNATCH	12-15 reps	___:___	
TOTAL TIME		___:___	

BURN			
CARDIO	500m	___:___	
DEADLIFT	15-20 reps	___:___	
CARDIO	500m	___:___	
BENCH	15-20 reps	___:___	
CARDIO	500m	___:___	
SQUAT	15-20 reps	___:___	
CARDIO	500m	___:___	
ROW	15-20 reps	___:___	
CARDIO	500m	___:___	
SWINGS	15-20 reps	___:___	
CARDIO	500m	___:___	
SNATCH	15-20 reps	___:___	
TOTAL TIME		___:___	

