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

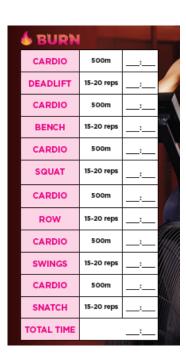
BENCH: Gym floor Barbell, Dumbbells

SQUAT: Barbell optimal (sandbag/gym floor barbell)

ROW: Barbell optimal (sandbag/ Dumbbells)

SWINGS: Kettlebell SNATCH: Dumbbell

	B UILD		
	CARDIO	250m	_:_
	DEADLIFT	12-15 reps	_:_
	CARDIO	250m	_:_
	BENCH	12-15 reps	:
	CARDIO	250m	_:_
	SQUAT	12-15 reps	_:_
	CARDIO	250m	_:_
	ROW	12-15 reps	_:_
7	CARDIO	250m	_:_
A	SWINGS	12-15 reps	_:_
N	CARDIO	250m	_:_
	SNATCH	12-15 reps	_:
	TOTAL TIME		_:_
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example layout- Squat will need to be on RIG spread other exercises around/ cardio together

