

# 筋肉 テイキング

MUSCLE  TAKING

Number of Players: 2-5; Play time: 15 min; Ages: 13 and up

Get training and polish your posing for a bodybuilding competition!

Let's strike the best pose!

Now Muscle Taking begins!

## Contents

Power Cards: 40 cards (1-10 in 4 poses)



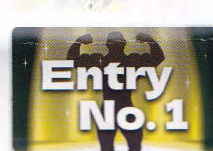
## 4 Trophy Cards



## 4 Pose Cards



## 1 Start Player Card





# Introduction

In this game, players become trainees and train in poses for an upcoming bodybuilding competition. As the training progresses, the poses to be taken during the competition will be decided, and so players will need to think about which poses to take.

At the competition, the poses will be called in the order they were announced during training, and players will need to pose accordingly. However, you might sometimes have to take the wrong pose. The trainee who poses most brilliantly during the tournament will be the winner.

## 1. Game Preparation

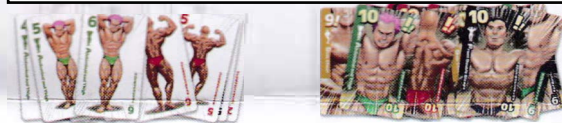
### Determining Pose Row

Place the four pose cards in a horizontal row on the table. Shuffle 4 trophy cards face down and place 1 on the bottom of each pose card, as shown below. Set aside the pose row for now. It will only be needed at the end of the game.



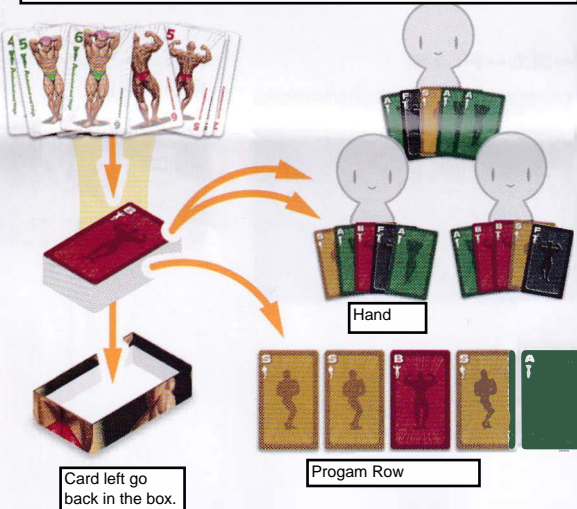
### Creation of Initial Hand and Initial Program

Refer to the number shown on each power card and divide the power cards into two groups. One group will contain the power cards in each pose numbered 2 through 6, and the other group will contain numbers 1 and 7 through 10. The numbers 2 through 6 have a white background.



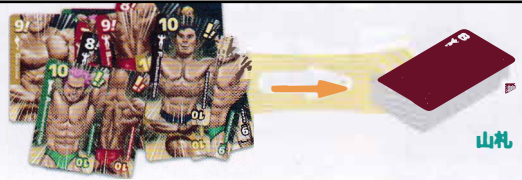
Shuffle the group of cards containing numbers 2 through 6 well and deal a number of cards to each player equal to the number specified in Table 1 (see right) based on the number of players. This is each player's "hand".

From the rest of this group of cards, deal the same number of cards as were dealt to each player face down on the table in a row. This is called the "program row". If there are any cards left, put them back in the box. They will not be used in this game.



### Creation of Stock

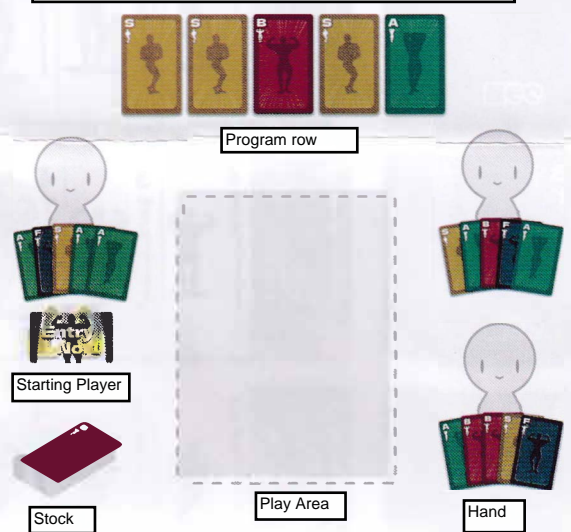
Shuffle the group of cards numbered 7 through 10 well, and place them face down on the table. This is called the "stock".



### Determining the Start Player

The player who most recently did strength training becomes the start player. Give the start player the stock.

After following the game preparation steps, the game should look like this.



## 2. Game Flow

There are two phases to each game of Muscle Taking, the Training Phase and the Contest Phase, each lasting a specified number of rounds, as shown in Table 1, below based on the number of players.

Table 1 - Number of Players and Rounds

Number of players	Number of cards in hand	+	Number of rounds in Training Phase	=	Number of rounds in Contest Phase
2 人	6 枚		6 ラウンド		12 ラウンド
3 人	5 枚		5 ラウンド		10 ラウンド
4 人	4 枚		4 ラウンド		8 ラウンド
5 人	3 枚		3 ラウンド		6 ラウンド





## A. Training Phase

A round will be played as follows.

### 1. Revealing Power Cards

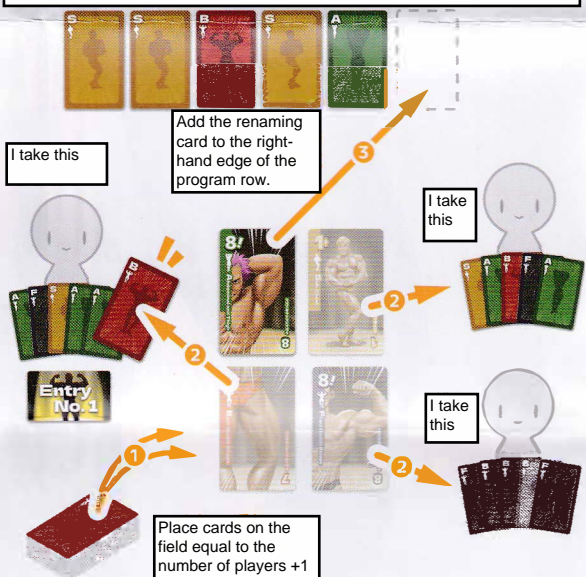
The starting player reveals power cards from the stock equal to the number of players +1. The starting player should be careful not to mix their hand and the stock.

### 2. Training

In clockwise order, beginning with the starting player, each player chooses one revealed power card on the table and adds it to their hand.

### 3. Determining the Contest Program

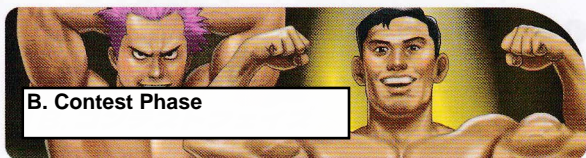
Place the remaining power card on the right edge of the program row. In each round of the Training Phase, one card will be added to the program row. If the program row gets long, you can wrap it around accordingly, but remember where the right edge of the program row is.



### 4. End of Round

The starting player passes the stock and the starting player card to the player on their left, and the player who receives it becomes the next starting player. Then, depending on how many rounds you've played, do the following.

If the number of rounds played is less than the specified number of rounds in Table 1 for the number of players, start the next round. If the number of rounds played is the same as the number of rounds shown on Table 1 for the number of players, move to the Contest Phase. Any remaining cards in the stock will not be used and can be returned to the box.



## B. Contest Phase

A round will be played as follows.

### 1. Call Pose

The starting player takes the rightmost card from the program row and places it face-down in the center of the table. The pose on the card is now the "specified pose".

At this time, if you read the pose name coolly, it will be exciting!

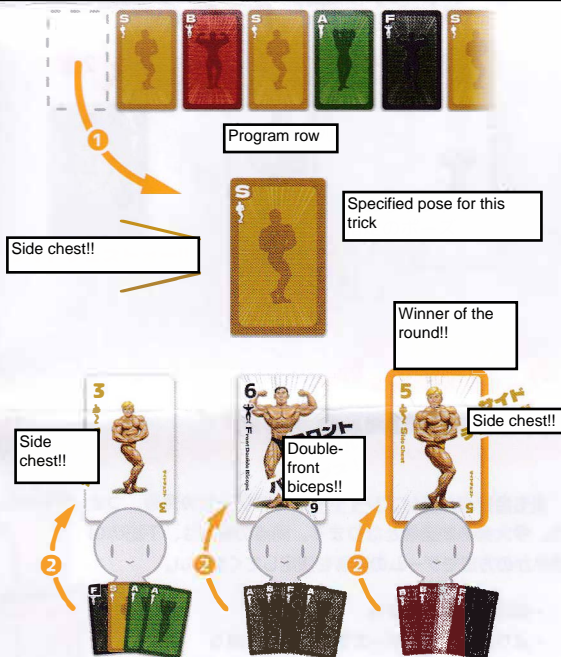
### 2. Take a Pose

Beginning with the player to the left of the starting player and going clockwise, choose a card from your hand and place it face-up in front of you. If you have one or more cards of the specified pose, you must choose one to play if you are able. If you don't have a card with the specified pose, you can play any card.

### 3. Evaluating the Pose

The player who plays the highest number of the specified pose wins the round (the "trick"). If the 1 power card and the 10 power card are played into the same trick, the 1 power card wins the trick. The winner of the trick receives all cards played this round, including the specified pose card from the program row, and keeps the cards won face down, separate from their hand. From now on, the cards won in tricks can only be seen by the player who won them. There is no winner of a trick if all players fail to play a card with the specified pose. If there is no winner of a trick, put all cards played to this trick back in the box. No one is allowed to see the contents of cards that are put back in the box.

\*Note that, per an errata card in the box, the illustration below should show the specified pose being taken from the right-hand side of the program row, instead of the left-hand side.



In this example, the winner is the player with the designated pose and the highest numbered card, 5 from the side chest.



#### 4. End of Round (Trick)

Depending on the number of power cards in the program row, the following process is performed.

If there are one or more cards in the program row, the winner of the last trick trick becomes the starting player for the next trick. If there was no winner of a trick, the starting player remains the same. Start the next trick.

If there are no cards in the program row, proceed to game end process below.

#### 3. Game End Process

Add up the points of the cards won in tricks. The points for each card are as follows.

Each 1 value power card: 5 points



For every other power card won, check the trophy card placed under the pose card of the same type. The number of stars will be the number of points for each of the same pose card won.



4点

3点

2点



#### 4. Winner Determination

The player with the highest total score wins the game. In the event of a tie, one of the following methods will determine the winner of the game.

- Lowest body fat percentage.
- The one who can pose more coolly.
- Arm wrestling.

#### Muscle Taking

Issued in November 2022

- Production: Herikutsu Koubou
- Game design: Tenku
- Artwork: Blink (@bokoyai)
- Other Graphics: Cat Bulb
- Correction: union tales



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