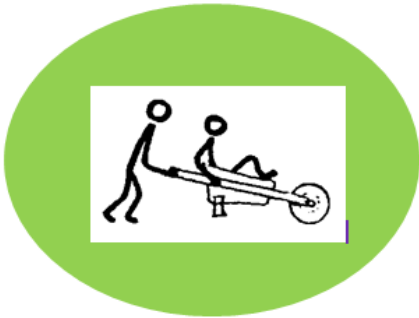


Fitness Farm



Play fitness training - group competition with self-invented fitness exercises

Fitness farm self-design

Required:

- 6 groups of 2 to 5 participants
- 12 posts
- Central scoring board

Then it's on to the execution

- Groups set up themselves (approx. 2 hrs)
- practice
- competition

To lighten things up, there will be:

- "Joker" posts
- Risk posts
- "Double or nothing"
- Gag post
- or similar

FIND 1000's of other post ideas!

See attached PDF file

for details

Fitness

Zentrale Wertungstafel										
noten	A	B	C	D	E	F	G	H	I	K!
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
bl										

Source credits:

Authors and images: BAPSO Magglingen www.baspo.ch