# Fitness-Farm

Spielerisches Fitnesstraining - Gruppenwettkampf mit selbst erfundenen Fitnessübungen

## 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**

| | A | B | C | D | E | F | G | H | I | K | |
|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | | | | | | | | | | | |
| 2 | | | | | | | | | | | |
| 3 | | | | | | | | | | | |
| 4 | | | | | | | | | | | |
| 5 | | | | | | | | | | | |
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| 8 | | | | | | | | | | | |
| 9 | | | | | | | | | | | |
| 10 | | | | | | | | | | | |
| 11 | | | | | | | | | | | |
| tot | | | | | | | | | | | |

## Source credits:

Authors and images: BAPSO Magglingen www.baspo.ch