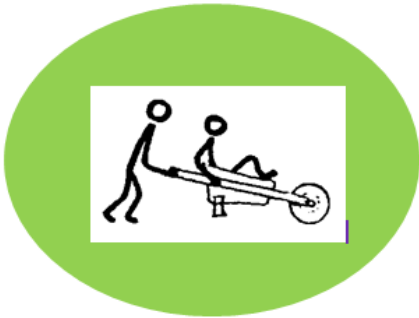


## Fitness-Farm



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

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