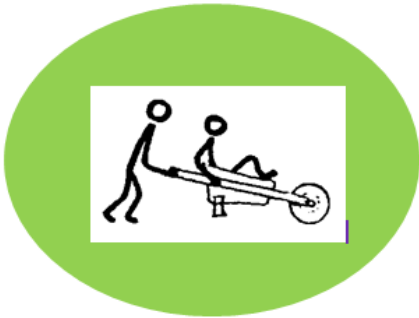


Fitness-Farm



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 | | | | | | | | | | |
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Source credits:

Authors and images: BAPSO Magglingen www.baspo.ch