

## 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

Sorten	Lernplan										
	A	B	C	D	E	F	G	H	I	K	
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
Sum											

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