

SPRING CARNIVAL Racing



Spring Carnival Racing

Instructions

Objective:

A fitness challenge mimicking a race, where participants complete exercises at various stations and advance based on dice rolls. The goal is to reach the finish line, with the challenge intensified by the possibility of staying at the same station or moving back.

Players:

Suitable for groups of all sizes.

Materials:


- A six-sided dice for each participant.
- Ten stations set up in a line, each with a different exercise.

Setup:


Arrange ten stations about 10 meters apart on a track or open field.

Gameplay:

- Starting Line: All participants start at the first station.
- Exercise and Roll: Complete the exercise at the station and then roll the dice.
 - Rolling a 6: Move ahead two stations
 - Rolling a 4 or 5: Move to the next station.
 - Rolling a 2 or 3: Stay at the current station.
 - Rolling a 1: Move back a station

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- Progression: Participants work their way along the track, facing increasingly challenging exercises.
 - Finish Line: The aim is to reach the end of the track.


Modifications:

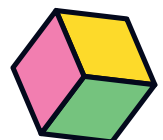
- Vary race lengths and exercises to mimic different types of races.
 - Introduce 'betting' elements where participants predict winners, with penalties for incorrect guesses.
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Winning the Game:

The first participant to reach the final station wins. Fitness levels and luck with dice rolls both play a role in determining the winner.

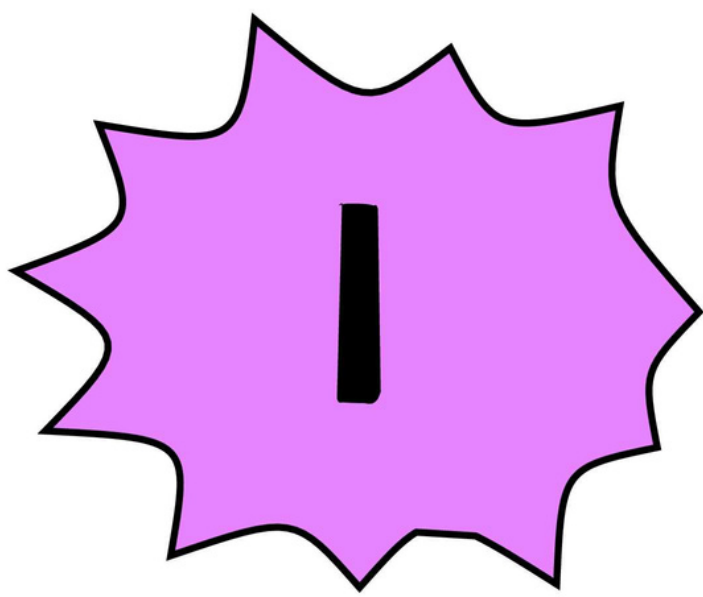
Additional Notes:

- Spring Carnival Racing is an engaging way to combine physical activity with the excitement of racing.
 - The game encourages endurance, fitness, and a bit of luck, making it fun and unpredictable.
 - It's adaptable for various fitness levels and can be customised with different exercises at each station.
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Exercise list (race card)

STATION NUMBER	CAULFIELD CUP	COX PLATE	MELBOURNE CUP
Starting Gate	10 squats	10 lunges	10 star jumps
1	20 mountain climbers	10 kettlebell swings	10 tuck jumps
2	20 sit-ups	10 kettlebell upright rows	10 commandos
3	20 supermans	20 kettlebell squats	20 Russian twists
4	30 glute raises	20 kettlebell single arm swings	20 dips
5	30 push ups	20 kettlebell deadlifts	30 lunge jumps
6	1 minute plank	30 kettlebell lunges	30 mountain climbers
7	30 squat jumps	30 kettle bell sit-ups into shoulder press	40 sumo squats
8	30 burpees		40 opposite arm to leg plank
9			50 bicycles (opposite arm to leg)
10			50 push ups



BUCKET HEAD



TIGHT ABS



SLOW AND STEADY



BIG DOG



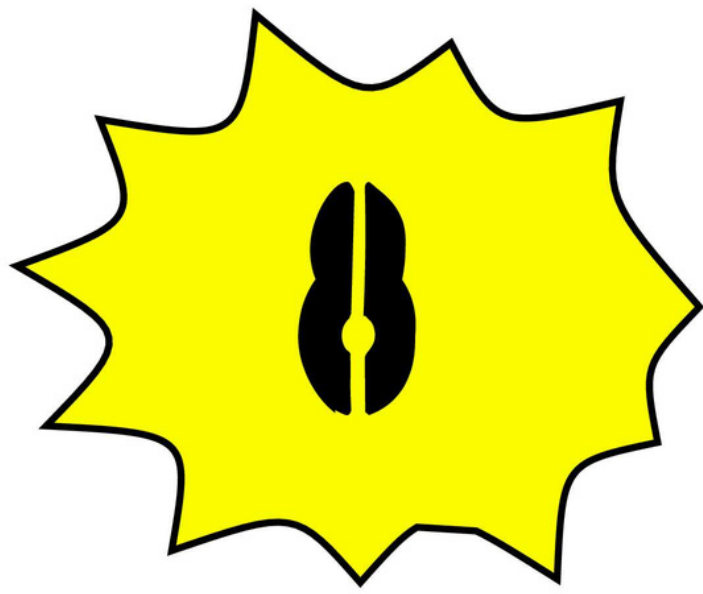
SMOOTH KAT



HOLLYWOOD



HOOF HEARTED



PASSING WIND



PASSING WIND



TIGHT BUNS



CHICKS DIG ME



the school of

PLAY



NOT A CAT BUT A LLAMA