

ADVENTURES AND GAMES

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With Dale Sidebottom

Pick a number 1-10. Leader draws a card from the deck. The difference between your number and the card drawn is your score for that hole. Complete the number of fitness tasks for your score on the hole.



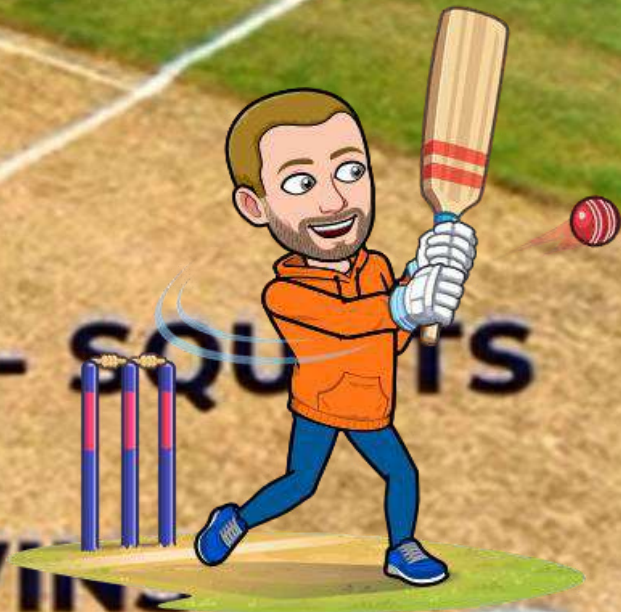
Change the fitness task for each hole.

VIRTUAL DICE CRICKET

11 BATTERS

STAR JUMPS - BURPEES - SQUATS

HIGHEST SCORE WINS



READY?



Sports Adventure





VIRTUAL THUMB WAR



SAME THUMB - 2 POINTS - PLANK

DIFFERENT - 1 POINT

1 BURPEE - STAR JUMP

OR SOMETHING SPECIAL YOU LIKE :)



Alice In Wonderland Fitness Adventure



Tour De France



The Amazing Bank Robbery



African Safari

rawr!



Nursery Rhyme



Off To The Big Game



The Big Balloon



The Big Balloon Meditation



8:02

Your Secret Garden



6:39

Reaching for the Clouds

Reach for the Clouds
Meditation



6:15



Sparkling Water

Sparkling Water Adventure
Meditation

Donkey Kong

Stock Market
Fitness Trader

Clapping
one+two+three



Stop+Walk+
Name+Clap+
Jump+Dance

Space
Invaders

HEADS OR TAILS

GUESS RIGHT - 1 POINT - PLANK

GUESS WRONG - 0 POINTS

**5 SQUATS
5 SQUAT JUMPS
5 PUSH UPS**



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PSR MASTER

WIN - 1 POINTS - PLANK

DRAW - 0 POINT - 5 STAR JUMPS

LOSE - 0 POINTS - 5 JUMPS



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DECK FLIP

GUESS RIGHT - 1 POINT - PLANK

GUESS WRONG - 0 POINTS

**5 SQUATS
5 SQUAT JUMPS
5 FIST PUMPS**



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TENNIS BALL PICK

GUESS RIGHT - 1 POINT - PLANK

GUESS WRONG - 0 POINTS

5 ANIMAL SOUNDS

5 JUMP SPINS

5 SECOND HUGE LAUGH



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ONE - TWO - THREE



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UP DOWN STAY OFF THE GROUND



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