



## GAME RULES

### FITNESS 4 FUN GAME - EXERCISE CARD GAME FOR THE ENTIRE FAMILY!

Ages 6 and up  
For 2 to 8 players

#### INTRODUCTION:

Fitness 4 Fun is an exciting new card game for anyone who is interested in having fun while getting fit at the same time. Its fun and interactive design takes players away from the traditional tabletop games and provides them with a more physically active playing experience. Enjoy!

#### OBJECTIVE:

The objective of the game is to rid yourself of all your cards and complete all your exercises before your opponent(s). If any items are missing please call 1-877-FIT-4567 (1-877-348-4567).

Please remove all cards from package and compare them to the list of contents below.

#### CONTENTS

You should have 97 cards as follows:

- 20 Jumping Jack Cards - 1 "thru" 5 in Red, Blue, Yellow and Green
- 20 Push Up Cards - 1 "thru" 5 in Red, Blue, Yellow and Green
- 20 Sit Up Cards - 1 "thru" 5 in Red, Blue, Yellow and Green
- 20 Knee Bend Cards - 1 "thru" 5 in Red, Blue, Yellow and Green
- 4 Pass Cards - 1 each in Red, Blue, Yellow and Green
- 4 Reverse Cards - 1 each in Red, Blue, Yellow and Green
- 4 Exercise Cards - 1 each in Red, Blue, Yellow and Green
- 4 Fitness Instructor Cards - 1 each in Red, Blue, Yellow and Green
- 1 Game Instruction Card – Go to [www.fitness4fun.com](http://www.fitness4fun.com) and download the game instructions.

#### GAME RULES:

##### CHOOSE A DEALER

Each player picks a card. The player, who picks the lowest number card deals. If a word card is dealt, it cannot be used. Cards are dealt counterclockwise. Player to the left of the dealer starts play.

##### START PLAYING

After the hands are dealt to each player, the card on the top of the deck is turned up to begin the discard pile. If a word card is the first one turned up from the deck, follow the rules for each word card outlined in these instructions.

##### FUNCTIONS OF WORD CARDS

The functions of the word cards and when they can be played are set out below.

##### REVERSE CARD

The player to the left of the dealer normally starts first, but when reversed the play goes to the right instead of left. If the reverse card is turned up at the beginning of play, the direction of play changes from left to right, and vice versa.

##### PASS CARD

When this card is played, the next player to play loses his/her turn and is "passed." If turned up at the beginning of the game, the player to the left of the dealer will be passed. The player to the left of the passed player starts.

##### EXERCISE CARD

This card can be played on any card with the same color it is designed to make your opponent draw more cards from the deck. When this card is played, the next person to play must draw 2 cards and forfeit his/her turn. If turned up at the beginning of play, the player to the left of the dealer must draw two cards, then the next player moves.

##### FITNESS INSTRUCTOR CARD

The player who plays this card can change the color of the next card to be played. If turned up at the beginning of the game put back in the deck and chose another card

## **PLAYING MADE SIMPLE**

After the dealer shuffles, each player is dealt 7 cards and the remaining deck is placed face down. The top card of the deck is turned over to begin a discard pile. Each player must match the card in the discard pile, either by number, color, or exercise. If the player does not have any card to match with the discarded card, he/she must pick a card from the remaining deck. Just remember an Exercise Card can be played at any time during the game if the color matches that of the discarded card. If the player can play the card that was drawn from the deck, then the play moves on to the next player. Otherwise, he/she must follow the instructions listed on the front of the card. If a player is instructed to perform an exercise the other players will count and monitor the exercise, for the correct number of repetitions and assure that the exercise is performed properly. When a player has one card left, that player must shout "Fitness 4 What." If the player fails to shout those words, they will have to pull one additional card from the remaining deck, (only if you are caught by the other players.) The winner must shout Fitness 4 Fun after playing their last card to let everyone know that they have won. The rest of the players can keep going or start a new game.

## **DESCRIPTION OF EXERCISES:**

### **JUMPING JACK**

Start by standing straight up feet together hands down to the side. Jump up, legs apart and throw arms over your head, return to start position. This is one jumping jack.

### **PUSH UP**

Assume a prone position on the floor with your body weight supported by your hands and balls of your feet. Your hands should be placed in line with your shoulders. Lower your body until your chest nearly touches the floor and then raise yourself. Optional: Assume a kneeling position on the floor with hands at chest height, shoulder with apart on the ground. Keep fingers pointed forward while remaining on your knees. Bend your elbows out to the side, lowering your upper body. Squeeze your chest as you push back up. Keep your torso, in line with your upper body. This is one push-up.

### **SIT UP**

Lay your back down on the floor with both knees bent and your feet flat on the floor. Place your hands behind your head. Contract your abs, raising your shoulders up off the floor. Keep your head in line with your spine; do not tuck your chin in to your chest. Move your shoulders and head up as one unit. Hold for 1-2 seconds and slowly return to the starting position. Your lower back should remain in contact with the ground throughout the exercise. This is one sit-up.

### **KNEE BEND**

Stand up straight, feet slightly apart, hands on hips. Squat down by bending knees halfway down. Place both arms out straight in front of you. Stand back up in the start position. This is one knee bend.

### **HOW TO WIN**

The winner is the first player or team to complete all their exercises and have no more cards left. If at the end of the deck and no player has won, the player or team with the least number of cards will become the winner.

### **CONSEQUENCES**

Any player who chooses not to perform an exercise (because they are unable to perform that exercise) must draw (1) card from the deck then the play moves on to the next player.

### **FITNESS TEAMS**

This game is played between teams of 2, 3, or 4 players. The teams will challenge each other in a face off for the title of Fitness Champions. The players from each team will join in a circle and began to play. The rules are the same except the team members will choose who performs which exercises. Players can motivate their teammates by cheering them on. Fitness Challenge encourages group participation and teamwork among players.

### **WARNING:**

This game requires the participant(s) to perform a variety of different Physical Fitness Exercises. Parents, if you or your child suffers from any medical or physical impairment, please consult your physician or a licensed medical professional before performing any of the exercises listed within the rules of the Fitness 4 Fun Card Game.

## **CONTACT INFORMATION:**

**Global Tribrush LLC**  
**Fitness 4 Fun**  
**P.O. Box 277786**  
**Riverdale, IL 60827-7786**  
**773-952-7956**  
**Call Toll Free 1-877-348-4567**  
**or Email: [info@fitness4fun.com](mailto:info@fitness4fun.com)**  
**[www.fitness4fun.com](http://www.fitness4fun.com)**