

HOW TO PLAY

Workout Wars.

Exercise challenges. Ability cards. Two ways to win.

2-4 players**Ages 6+ on the box****3 levels**

The game contains 54 cards: 36 Challenge cards and 18 Ability cards, plus 10 mini hearts.

Set up the game.

- 01** Gather 2-4 players and agree on Beginner, Moderate or Expert before play.
- 02** Give each player 2 hearts. Shuffle and deal 7 cards to each player.
- 03** Place the remaining cards facedown as the draw pile. Keep played cards separate.
- 04** Turn over the top card. If it is an Ability, turn over the next card.
- 05** The youngest player completes the opening Challenge and plays a Challenge card. Play initially proceeds clockwise.

Extra Life can increase a player's hearts to a maximum of three.

Take your turn.

Challenge cards show repetitions or time for the group's chosen level.

- 01** Complete the incoming exercise, then play a Challenge or eligible Ability. Some Abilities must be played before the incoming exercise.
- 02** If you cannot complete the Challenge, draw 2 cards and lose 1 heart.

KNOW YOUR CARDS

Timing matters.

Some Abilities come before the incoming exercise. Others follow a completed Challenge.

Before the exercise

Shield	Blocks a Challenge or Ability and lets you play a new Challenge.
Reverse	Reverses direction and sends the Challenge back to the previous player.
Duel	Challenge a player to an exercise of your choice. Whoever stops first loses a life.
Take Me With You	Choose one player to do the Challenge with you.

After the exercise

Double	Doubles the previous Challenge's repetitions or time for the next player. It does not excuse your own incoming exercise.
Triple	Triplies the previous Challenge's repetitions or time for the next player. It does not excuse your own incoming exercise.
+1	The next player draws one card and loses their turn.
+2	The next player draws two cards and loses their turn.
Skip	The next player loses their turn and the Challenge passes onward. Complete your own incoming Challenge first.
Extra Life	Gain one heart, up to a maximum of three. Play after a Challenge and before losing your last life; this does not revive an eliminated player.

PUT IT TOGETHER

Play your next move.

Combine your cards.

You may play one Challenge plus two Abilities in a turn: three cards in total.

Try this combination

Shield > New Challenge > Double

Shield blocks the incoming Challenge and lets you play a new Challenge. Double then doubles that Challenge's repetitions or time for the next player.

Two ways to win.

- 01 Empty your hand first.
- 02 Be the last player with hearts remaining.

The Challenge cards

These are the twelve exercises named in the game. Follow the repetitions or time shown on the card for the group's chosen level.

Lunges	Mountain Climbers
Push-ups	High Knees
Plank	Sit-ups
Russian Twists	Squats
Calf Raises	Burpees
Bridges	Jumping Jacks