

COACHES/TRAINERS

Through extensive evaluation, we have found some additional ways to engage your athletes.

CONSIDER

- 1. NORMAL PLAY** (Board or APP)- Race to finish with all the random twists that the game has in store. The APP also has a head to head where all players do the same workout (of the 1,000+ generated options) and race against each others' times.
- 2. ADD SOME DISTANCE** - Either individually or with a group, set the area of exercise a distance away from the board, requiring players to sprint (or bear-crawl) to the board, then sprint/bear-crawl back to where they accomplish the exercise.
- 3. ADD AN ADDITIONAL EXERCISE** - between each roll.
Ex. 15 Jump Rope reps.
- 4. ADD A STARTER** - tell your athletes prior to rolling they must accomplish an exercise (Ex. 20 yard Bear Crawl, or out and back sprint). Once they get back they can roll. This will provide separate and adds a little difficulty to each game.
- 5. ADD A FINISHER** - when the individuals or teams get to the finish, they accomplish an additional task before being done (from 10 push-ups, to rope climbs, or even a 1 mile run). This builds a tougher workout, adds a mental strengthening factor to the game play.
- 6. TEAMS** - 2-6 teams of as many players as you like. One person rolls for their team and all on this team perform the exercise. Predetermined: A team can be considered done with their exercise when either first player finishes on the team, or when everyone on the team has finished their exercise. The later will add length to the game.
- 7. SYNCHRONIZED EXERCISING** - Each team has a player roll, then return to the team area (can be nearby or at a distance (requiring run/sprint)). Once the roller returns everyone does the exercises in a synchronized fashion. This makes ALL athletes better (faster athletes slow down and work on form, slower athletes do complete reps with team cheering them on).
- 8. THE ULTIMATE WORKOUT** - accomplish every block on the board as you move to the finish (skipping player position swap and start over).

Different intensity levels are available.

**More than
1,000
workout
combos
in each.**



warriorboardgame



warriorgameapp



warrior.game



warrior board game



contact@warrior.game

TO MAKE GAME PLAY EASIER:

- 1.** Use variation techniques (but maintain good form). Ex. push-ups on knees. See website for these alternate movements at www.warrior.game
- 2.** Have players cut their number of repetitions in half.
- 3.** Have the team split the repetitions required for each dice roll.
- 4.** Have players split the dice rolls 1 player on a team rest while the other exercises, then switch.
- 5.** Predetermine a finish time (time cap) so the game will end at a designated time. The leader on the board wins!!