

SURVIVOR

CHALLENGE

ARE YOU FIT ENOUGH?



MANUAL

PRINCIPLE OF THE GAME

Survivor is a strategic fitness card game for 2-6 people in which each player uses training exercises (challenges) and action cards (actions) to defeat their opponents. If a player fails to complete a challenge or violates the rules, they are eliminated from the game. The winner is the last player left in the game.

Each game lasts a maximum of 60 or 90 minutes. The duration of the game must be decided in advance. If no winner has been determined by the end of the game, first place is decided by an unlimited plank challenge. All players remaining in the game are to begin this challenge at the same time.

PLAYING CARDS

Survivor consists of a total of 70 playing cards: 50 challenges and 20 actions. No other sports equipment is needed.

PUSH-UPS
LIEGESTÜTZE

PLANK
UNTERARMSTÜTZ

SCAPEGOAT

Can be combined with a "Penalty"

Challenge against the clock

Type of action (see p. 6)

Survivor Challenge

Title

Starting position

Final position

Handicap levels

„+“-Upgrade: After level 4, the number/duration is increased

Challenge against the clock

Type of action (see p. 6)

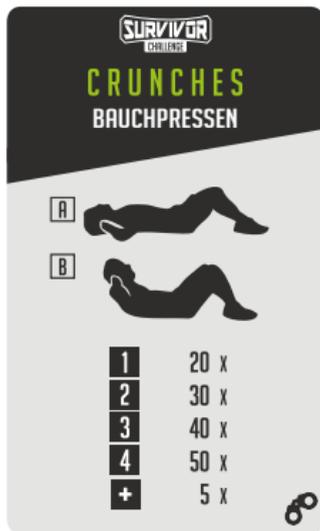
1	10 x
2	15 x
3	20 x
4	25 x
+	5 x

1	30 s
2	45 s
3	60 s
4	75 s
+	10 s

NOT FEELING UP FOR IT? PASS THE CHALLENGE ON TO A PLAYER OF YOUR CHOICE.

CHALLENGES

Challenges are training exercises that are performed either for a specific time or with a specific number of repetitions. For all challenges that can be performed on a specific side of the body (e.g. side plank), the number of repetitions should be divided equally between both sides.



BLACK CHALLENGE

If a player draws a black challenge, they must play it as soon as their turn comes around.

If a black challenge is played, all players must complete the challenge, including the player who has played the card. It Actions may not be used against black challenges. If a player has several black challenges in their hand, they must play a black challenge of their choosing as soon their turn comes around.

GOOD TO KNOW: If it turns out that a player had a black card and failed to play it, the player must be eliminated from the game.

CHALLENGES



BLACK PLANK

If a player draws the black "Plank", they must play it as soon as their turn comes around. This card takes precedence over all other black challenges. All players must assume a plank position immediately once the card has been played and hold it until the first player gives up.

Beginner Version: The player who gives up first must draw a new card and show it to the other players. They must keep drawing cards until they draw a challenge, then perform this challenge (even if it is another plank). If they draw an action, it should be placed on the side deck and a new card drawn.

Pro Version: The player who breaks off the plank first is eliminated from the game.

Explanations of how to perform the individual challenges correctly can be found at www.survivor-challenge.de/challenges.

ACTIONS

One action may only ever be used in response to one challenge. In the case of combined attacks containing two challenges, the player may decide which of the challenges they wish to respond to. There are two categories of action: offensive and defensive. Offensive actions must be used before an attack, while defensive actions are used in response to an attack. Any action can be responded to with another action (see example).



Hand-Symbol = Defensive actions



Faust-Symbol = Offensive actions

EXAMPLE: Player A attacks Player B with the challenge "Push-ups". Player B uses the action "Scapegoat" as defence and places the ball back in Player A's court. Player A responds with the action "Rest" and stops the challenge.

PLAYER A



SUBVIVA
PUSH-UPS
LIEGESTÜTZE

1	10 x
2	15 x
3	20 x
4	25 x
+	5 x

ATTACK



PLAYER B



SUBVIVA

SÜNDEBOCK

Kein Bock auf die Challenge? Schiebe sie auf einen beliebigen anderen Spieler.

DEFENCE



PLAYER A



SUBVIVA

PAUSE

Wescht! Stoppe eine an dich gerichtete Challenge.

PLAYER A



SUBVIVA
BURPEES
LIEGESTÜTZSPRUNG

1	9 x
2	12 x
3	15 x
4	18 x
+	2 x

ATTACK



PLAYER B



SUBVIVA

TAUSCH

Erweckung gefällig? Führe statt der erhaltenen Challenge eine beliebige von deiner Hand aus.

DEFENCE



PLAYER B



SUBVIVA
ARM CIRCLING
ARMREISEN

1	30 s
2	45 s
3	60 s
4	75 s
+	10 s

OVERVIEW OF ACTIONS



REST

“Rest” allows you to skip a challenge of your choosing. It can be used against an attack from another player or a challenge within a wave. In the case of a double attack, it is only possible to block one of the two challenges.



COMBO

With a “Combo”, two challenges can be bundled together to make a double attack. The challenges must be performed in the specified order.



TIP: It is not possible to combine two black challenges.



REVENGE

The “Revenge” card turns the challenge back on the attacker and allows the player to add an additional challenge from their own hand.



MOTIVATION BOOST

As soon as a player draws a “Motivation Boost”, they must show the card and begin participating in the challenges issued to all other players, including any combined attacks.

The motivation boost remains active until the eruption of the next wave (see “Waves”) and can then be passed on to any other player. The card is only removed from the game when the relevant player is eliminated, or when only 2 players remain.

TIP: The “Motivation Boost” does not apply to drill exercises or to challenges that are neutralised by actions.

OVERVIEW OF ACTIONS



PENALTY

If the "Penalty" card is played, the player must remain in the final position for an additional 10 seconds upon completing their last repetition. Only challenges marked with the "Penalty" symbol may be combined with this card.



SCAPEGOAT

With the "Scapegoat" card, a player can take a challenge issued to them and pass it on to any other player.



SWAP

With the “Swap” card, a challenge issued by an attacker can be swapped for any challenge from the target’s own hand.



TRAINING PARTNER

The “Training Partner” card means that attacker must choose either to perform the challenge alongside their target or to cancel the attack.

PREPARATION

Choose a handicap: Each player chooses their handicap at the beginning of the game. The higher the level of the handicap (1-4), the more tiring the game will be. The handicap selected by each player must be disclosed to the others before the start of the game. During the game, each player is to apply their handicap of choice for all challenges performed.

IMPORTANT: To enable a balanced game and optimal training results, the handicap should correspond to the player's current training level.

Handicap 1: Beginner

Handicap 2: Amateur athlete

Handicap 3: Advanced

Handicap 4: Thoroughbred athlete

Upgrade: Every 30 minutes, increase the handicap by one level for all remaining players. After level 4, increase the number of repetitions or seconds by the "+" value (see the section "Challenges") for each progressive upgrade.

At the beginning of each game, a timer should be set to track the upgrades. Once an upgrade has been carried out, the timer for the next upgrade should begin.

Determine the order of play: All players draw and reveal a card. The order of play is determined by placing the first letters of the card names into alphabetical order. If the first letter of two card names is identical, the second letter is to be used instead. If two players have drawn the same card, they must each draw a new one. Once the order is determined, all players must take up their positions.

Special rules: Special rules may be agreed unanimously before the start of the game. These may not be changed once the game has begun.

Example:

- The upgrade is carried out every 20 minutes, not every 30 minutes
- The black plank is removed from play at the beginning
- Push-ups can also be performed on the knees
- The difficulty of the challenges can be reduced or increased



START TIMER



6X

(min. 1 Challenge)



PLAY IN A CLOCKWISE DIRECTION



THE YOUNGEST PLAYER BEGINS

GAMEPLAY

All players perform a short warm-up, e.g. 60 seconds of jumping jacks. The cards are shuffled and the timer starts. Each player draws 6 cards. The remaining cards are placed face down in the middle and form the main deck. All played cards are placed face up on a side deck.

The direction of the game is clockwise.

The youngest player opens the game with a challenge.

IMPORTANT: If the player does not have a challenge in their hand, they must draw and reveal cards from the main deck until they find one. Any actions drawn must be placed face up on the side deck.

The game mode differs depending on the number of players (2-3 or 4-6). As soon as the number of players drops below 4, the game mode changes automatically.

GAMEPLAY

1

At the beginning of each turn, the player draws new cards until they have 6 cards in their hand.

2

Attack: The attacker lays down a challenge. This can be supplemented by an action (see the section "Actions").

2-3 Players: The challenge must be performed by the next player in a clockwise direction.

4-6 Players: The challenge must be performed by the player in a clockwise direction and by one additional player to be determined by the attacker.

3

Drill: Whenever an attacker issues an attack (point 2), they must also perform a challenge of their choosing from their own hand. If they have no challenges left in their hand, they must swap one of their cards for a card from the deck.

GOOD TO KNOW: The drill is not an additional card; rather, it is the challenge that the attacker selects for themselves when they issue an attack to others. A drill cannot be blocked using an action (e.g. a "Rest" card - see "Actions")

4

Defence: Any attack can be countered with a corresponding action (see “Actions”). Any action played in response can then be countered with another action.

4-6 Players: If multiple players are targeted in an attack, they must each defend themselves with their own action (see example).

5

Attack: Any challenges not blocked by an action must be completed. The completed challenges (excluding drill exercises) are placed in the wave (see “Wave”).

6

The next player starts their turn.

IMPORTANT: The same challenge may never be played twice during a single turn. This also applies to combined double attacks players’ defences against these attacks using actions.

EXAMPLE: There are 5 players. It is Player A's turn and they have 2 cards in their hand. At the start of their turn, they draw 4 new cards from the main deck. Player A chooses the challenge "Plank" and supplements it using the action "Combination", which allows them to add another challenge to the attack. For the additional challenge, Player A chooses "Burpees". The two challenges must then be carried out by the next player in the circle (Player B) and another player of Player A's choosing. Player A selects Player D as their second target. As a drill, Player A chooses "Arm Circles". Players B and D each respond to Player A with an action. Player B plays the action "Rest" and is permitted to block one of the challenges in the attack. They choose only to perform the "Plank". Player D plays the action "Scapegoat" and is permitted to pass one of the challenges to a player of their choosing. They pass "Burpees" back to the attacker. As a result, Player A must now perform "Burpees" and their chosen drill, "Arm Circles". Player D must only complete the challenge "Plank". All challenges carried out ("Burpees", "Plank"), excluding the drill challenge, are placed in the wave. Player A's turn is over and it is now Player B's turn.

WAVES

The wave is made up of completed challenges. Once a challenge has been successfully completed, it is placed in the wave. If a particular challenge has already been placed in

the wave, it should be placed in the side deck.

Once 6 different challenges have been placed in the wave, the wave erupts. The game is paused and all players carry out all of the wave challenges the given order (left to right). Once a challenge has been completed by all players, they must all start the next challenge at the same time.

The handicap to be used for the wave should always be tailored to the player with the lowest handicap and applied for all players. Once the entire wave has been completed, the challenges are placed on the side deck and the game continued as normal. If a player fails to complete a challenge during the wave, they will be eliminated in the same way as during regular play. With the exception of "Rest", no actions may be played during the wave.

NOTE: If space is limited, the wave can be completed in smaller groups. The groups are determined based on the order of play. If the wave is to be performed in two groups, for example, players A, B and C should begin.

WARNING AND SAFETY INFORMATION

Please read the following warning and safety information carefully before starting the game:

Survivor is a fitness game that is comparable to intensive physical training or sporting exercise in terms of its physical difficulty. Because of this, it can lead to physical fatigue. It is intended exclusively for use by adults with an adequate level of physical and psychological stamina. Minors require the consent of their parents or guardians to participate in the game.

Poor form or excessive training can lead to health issues.

Because of this, please consult a doctor to review your physical fitness levels and ability to engage safely in physical exercise before taking part in the game. This applies in particular to players affected by particular risk factors (e.g. chronic illnesses, long-term medication, heart, respiratory, back or joint complaints, orthopaedic complaints or hypertension). The physical safety and health of all players takes priority over their participation in the game.

Stop the game immediately if a player is experiencing physical discomfort, fatigue, pain, cramping, dizziness, weakness, difficulty breathing, nausea, or any other type of discomfort.

This warning and safety information must be observed and adhered to at all times. The buyer of the game is responsible for reading this warning and safety information and the instructions and for communicating them to the players (and, where applicable, the players' parents and guardians). By beginning a game, the buyer declares that they have read and accepted this safety and warning information.

GENERAL ADVICE:

Always drink sufficient fluids (ideally water) during the game and use the breaks to relax and re-energise. Make sure there is enough fresh air circulating in the room. Perform adequate stretching before and after the game, and be sure to warm up your muscles with an appropriate warm-up beforehand.