

SPRING CARNIVAL *Racing*



JUGAR | LIFE

Spring Carnival fitness

TIME

30 – 60 minutes

HOW TO PLAY

Have 10 stations lined up in a straight line about 10 metres apart from each other (an athletics track with 100m increments would work perfectly). All participants start on the starting line as if they were in the starting gates at the beginning of a horse race. Every participant completes the exercise at the station and once they are done they roll a 6 sided dice. If they roll a 4, 5 or 6 they move on to the next station. If they roll a 1, 2 or 3 they stay at the first station and complete the exercise again. Once they get past the first station, should they roll a 1, 2 or 3 they move back one station. They keep working their way along the track completing progressively harder exercises until they reach the finish. Pending the luck of the dice, many of the participants may not get near the finish line, which means that the fittest participants may not win every race.

MODIFICATIONS

Over the course of a boot camp (or even in the one session) you may like to set up several races that replicate the Australian spring carnival. Races can be of different lengths as per normal racing. You may also like to get people to bet on the winner and the losing punters complete penalties at the end of the race. Some example races and their associated exercises can be seen below. A range of equipment/bodyweight exercises have been listed, however modify if needed to suit the equipment you have.

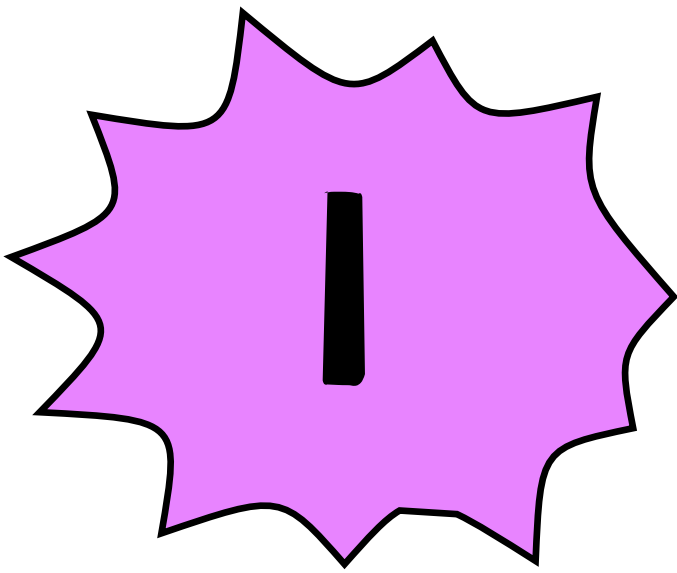
Exercise list (race card)

STATION NUMBER	CAULFIELD CUP	COX PLATE	MELBOURNE CUP
Starting Gate	10 squats	10 lunges	10 star jumps
1	20 mountain climbers	10 kettlebell swings	10 tuck jumps
2	20 sit-ups	10 kettlebell upright rows	10 commandos
3	20 supermans	20 kettlebell squats	20 Russian twists

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Exercise list (race card)

4	30 glute raises	20 kettlebell single arm swings	20 dips
5	30 push ups	20 kettlebell deadlifts	30 lunge jumps
6	1 minute plank	30 kettlebell lunges	30 mountain climbers
7	30 squat jumps	30 kettle bell sit-ups into shoulder press	40 sumo squats
8	30 burpees		40 opposite arm to leg plank
9			50 bicycles (opposite arm to leg)
10			50 push ups



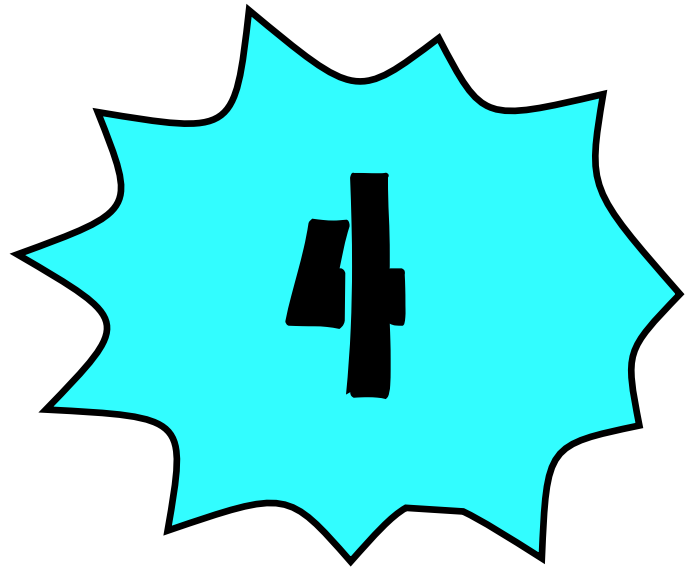
BUCKET HEAD



TIGHT ABS



SLOW AND STEADY



BIG DOG



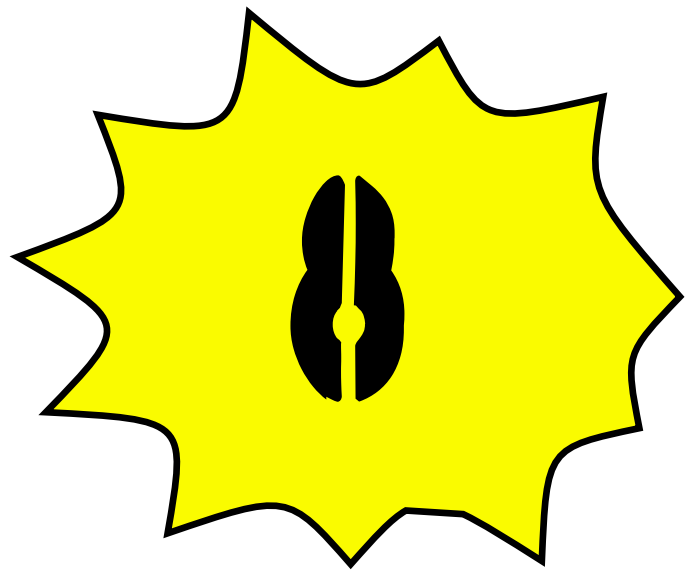
SMOOTH KAT



HOLLYWOOD



HOOF HEARTED



PASSING WIND



PASSING WIND



TIGHT BUNS



CHICKS DIG ME



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