

Learn how to play quickly by watching the instructional video at <http://strength.stack52.com/hiit-the-game/>

**Players:** 1- 2 players, 1 game box is recommended for every 2 players

**Contents:** 2 dice, 2 decks of *exercise Cards*, 1 deck of game play cards

**Object:** Be the player (or team) that earns the most points. For solo play, try beating your previous point total or earning a certain number of points per day, week, or month.

**Set Up:** First, read and set aside the top two cards in the left deck (*Instructions Card* and *Anatomy of a Card*) and center deck (*Game Layout Card* and *Contents Card*).

### Contents

- 2 Dice
- 2 decks containing 52 exercise cards each
- 12 Draw cards
- 12 Interval cards
- 30 Power Play cards
  - 4 Extra Cards
  - 6 Shield Cards
  - 10 Swap Cards
  - 10 Power Up Cards
- 1 Anatomy of a Card
- 1 Instructions Card
- 1 Game Layout Card
- 1 Contents Card

**\*\*\*IMPORTANT\*\*\***  
**Go to:**  
[HiitStack52.com/Instructions](http://HiitStack52.com/Instructions)  
**to learn how to**  
**make the most of your**  
**HIIT Stack 52**

Go to Stack52.com to learn about other fun and competitive fitness products.

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Consult a physician before starting any workout routine. Always warm up before HIIT

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### ANATOMY OF A CARD

**Silhouette of exercise**

**Name of exercise**  
MOUNTAIN CLIMBER

**Video demonstration of exercise**

**QR code - scan with mobile QR reader (e.g. I-nigma) to view video demonstration of exercise**

**Description of exercise**

**Primary muscle group**  
 Blue: Core  
 Red: Core  
 Yellow: Legs  
 Orange: Arms  
 Green: Chest

**Point total for completing the exercise on the card**

### Game Layout

Sample layout of a 1-player game where 3 rounds of 2 exercises are played

DRAW  
2

Dice for Rounds

Round:	1	2	3
	INTERVAL	INTERVAL	INTERVAL
	EXERCISE	EXERCISE	EXERCISE
	EXERCISE	EXERCISE	EXERCISE

Shuffle together the two decks of cards labeled *exercise*. Then take the (30) cards labeled *exercise* at the bottom of the remaining deck and mix them with the other cards labeled *exercise*. Shuffle those *exercise* cards thoroughly.

Shuffle and place the *draw* cards, *interval* cards, and *exercise* cards into their own stacks in the center of all players.

You will need a HIIT interval timer. For Android users, we recommend the [HIIT Interval Training Timer app](#), but there are many free HIIT timers available on the [Play Store](#). For iPhone users, we recommend the free [Interval Timer on iTunes](#).

If this is the first time you are playing, read through the *exercise cards* and understand each exercise before playing. This allows for smooth game play. Each *exercise card* features an exercise and a description of the exercise (see *anatomy of a card* for details). Each card also features a link to a video of the exercise being performed. You can scan the QR code with a mobile device to be directed to the same video. Videos demonstrations of all exercises are also posted at <http://strength.stack52.com/hiit-the-game/>. You can earn either 1, 2 or 3 points for completing the exercises on each card, as indicated by the number in the lower right corner of the card. The *exercise cards* are also color coded by muscle group and the color is indicated on each card to aid those that are color blind.

**Game Play:** Reference the *Game Layout Card* to understand the configuration of the cards.

Start by rolling one dice to establish the number of rounds each player will complete. Then, deal one *interval card* for each round for all players. So if the dice landed on a 3, you will deal 3 *interval cards*. Line the *interval cards* face up in the center of all players. Lastly deal a *draw card*. The *draw card* will determine how many *exercise cards* you deal for each round. So if a 2 was dealt on the *draw card*, place two *exercise cards* face up below each *interval card*.

Prepare the timer by launching the HIIT Interval Training Timer app. Enter the interval length (in the work section), rest periods, and number of rounds into the app. It is suggested you enter 10 seconds in the prep section of the app, to prepare the players for the starting whistle. The cool down section is the amount of rest between each round. The typical amount of time entered in the cool down section is 2-3 minutes.

You are now ready to play.

Start the timer by pushing GO on the app and perform the exercise on the first *exercise card* in round 1 for the amount of time indicated on the interval card. The app will indicate when you should rest and when you should exercise. After you perform the exercise, rest for the amount of time indicated on the interval card. You should complete the exercises with 80-100% intensity without sacrificing proper form. Repeat for the next *exercise card*. After the all *exercise cards* are completed in the round, rest for 2-3 minutes. For each *exercise card* completed you win the amount of points indicated on the card: 1, 2, or 3.

If you need to rest and do not complete an exercise for the desired length of time, you do not earn points for that card. You also do not earn points for that card if you do not give at least 80% intensity throughout the entire exercise period. If either of these scenarios occur, place those cards to the side so you don't tally those points at the end of the game.

**Specialty Cards:** Included with the game are 4 *specialty cards*, which should be shuffled with the *exercise cards*. You may use the *specialty cards* during rest periods between exercises and after each round. However, you may not use *specialty cards* in advance of when they were dealt. Example: You are dealt a *specialty card* instead of an *exercise card* for round 3, exercise 2. You keep the *specialty card*, and are dealt another *exercise card* so you have a full set of *exercise cards* for round 3. You cannot use that *specialty card* until after you have completed round 3, exercise 2.



## Using specialty cards during game play:

There are 4 different *specialty cards* with the following benefits:

Swap: Allows you to swap one of your unperformed *exercise cards* with another player. You may choose to swap a card because your opponent has an exercise you like better, or because you may want to get rid of a card for a higher point value. Please note that you cannot swap an exercise card you or your opponent already completed.

Power Up: Allows you to double the point value of one of your cards for that game. You can save this card until the end of the game to decide which card to apply it to.

Extra Card: Give this card to an opponent so they draw and perform an extra card during their next rest period between *exercise cards*. When you present this card, the chosen player must perform the card for the rest period. Example: The interval is 40/20. Instead of resting for 20 seconds during the rest period, your opponent would have to perform the extra exercise. The extra card performed has no point value. Use this card strategically as presenting it at the right time may tire your opponent out, preventing them from earning points.

Shield: Block an opponent's card like the extra card and swap card. You may only use this card if you have earned it. For example, if it was dealt as the third card in the round, and your opponent gives you the swap card on the second card in the round, you cannot use the shield card because you haven't completed enough cards yet to access the shield card. You may want to hold on to your shield and not use it right away, as they become more valuable as the game proceeds.

## Variations:

Interval variations: This game is based on a 2:1 work to rest ratio, which means for every 2 seconds of exercise, you will rest for 1 second. Some players might find this too intense, others may find it not enough. Feel free to vary the *interval card* ratios to suit your comfort level. A common variation is to do a 1:1 work to rest ratio or even a 1:2 work to rest ratio.

Specialty Card variations: You may assign point values to the shield cards. So players holding unused shield cards at the end of the game are entitled to 1 or more points per card.

Group, Boot Camp and Team Play: There are many ways to play HIIT The Game in a group. One of the most common is to have players divided into teams. Each team will have their own cards and the players of each team will all do the exercises together. Every player that completes an exercise card earns the points indicated on the card. Or, every player on that team must complete the exercise card or no one gets the points.

## Tournament play:

Players can play in individual or group tournaments lasting a day, week, or even a month. The player(s) with the most points in a game (or series of games) challenges another player who won their round, and so on, until a player or team wins the tournament.

Did you invent your own variation? [Please let us know.](#)