



THE EXERCISE GAME

BY MANHATTAN EXERCISE CO.

EXERCISE COMMITMENT MADE FUN + SIMPLE.

THE **EXERCISE** GAME | WHAT IS IT?

THE **EXERCISE** GAME

MEMBERS-ONLY EXERCISE SUPPORT +
BEHAVIORAL CHANGE PROGRAM.

FITGAMES

PERSONAL INTENSITY INTERVAL TRAINING CLASSES

HOMEWORK

HABIT HACKS + QUICKFITS ASSIGNMENTS

THE EXERCISE GAME | HOW TO PLAY THE GAME

FITGAMES

- TWO MEMBERS ONLY CLASSES PER WEEK
- MULTIPLE EXERCISES + TARGETS PER CLASS
- PLAYER REPS = PROGRESS POINTS
- CLASS SCORE = TOTAL PROGRESS POINTS

GOAL | IMPROVE SCORE OVER COURSE OF MEMBERSHIP

HOMEWORK

OFF DAY SELF-CARE AND
COMMITMENT TESTING

EXERCISE GAME SAMPLE MONTH*

TOTAL BODY GAME

ROUND	ACTIVITY	TARGET
00	JUMPING JACKS DEEP SQUATS WORLD'S GREATEST STRETCH	100 20 10
01	MODIFIED PUSH-UPS LATERAL JUMP BURPEES DROP SQUATS	30 10 30
02	PLANK SAWS SQUAT JUMPS YTW	20 10 15
03	SPLIT JUMPS LATERAL JUMP BURPEES STRAIGHT LEG BICYCLES	20 10 20
04	FLYING SHOULDER PRESSES SQUAT JUMPS CROSSBACK LUNGES	15 10 20
05	JUMPING JACKS SIDE LYING T (L) SIDE LYING T (R)	100 10 10

UPPER BODY GAME

ROUND	ACTIVITY	TARGET
00	YTW JUMPING JACKS DYNAMIC CHEST STRETCH	10 100 10
01	WALKOUTS TO PUSH-UPS MOUNTAIN CLIMBERS HIGH PLANK ARM REACHES	15 50 20
02	PUSH-UPS HIGHLAND JACKS HIGH PLANK	30 50 20
03	SHOULDER SQUEEZES MOUNTAIN CLIMBERS FLYING SHOULDER PRESSES	20 40 20
04	YOGA PUSH-UPS HIGHLAND JACKS PLANK WALKS	10 50 15
05	DYNAMIC CHEST CRAB REACHES WORLD'S GREATEST STRETCH	20 15 10

LOWER BODY GAME

ROUND	ACTIVITY	TARGET
00	SLOW DEEP SQUATS JUMPING JACKS HURDLE STEPS	10 100 20
01	CROSSBACK LUNGES TUCK JUMPS DROP SQUATS	30 10 25
02	HIP BURNER (L) HIP BURNER (R) SQUAT JUMPS 180	20 20 10
03	AIRPLANES (L) AIRPLANES (R) TUCK JUMPS	20 20 10
04	FROG KICKS (L) FROG KICKS (R) SQUAT JUMPS 180	15 15 10
05	JUMPING JACKS WORLD'S GREATEST STRETCH HIP TWISTERS	100 20 20

CORE GAME

ROUND	ACTIVITY	TARGET
00	JUMPING JACKS HIGH KNEES HIGH PLANK ARM REACHES	10 100 10
01	BIRD DOGS LATERAL BOUNDS HIP LIFT MARCH	15 40 20
02	RUNNER TOUCHES (L) RUNNER TOUCHES (R) HIGH KNEES	20 20 75
03	SINGLE LEG RAISES (L) SINGLE LEG RAISES (R) LATERAL BOUNDS	20 10 20
04	SIDE PLANK DRIVES (L) SIDE PLANK DRIVES (R) HIGH KNEES	10 10 75
05	CRAB REACHES UPWARD FACING DOG CHILD POSE	20 1 MIN 20

QUICKFITS ASSIGNMENTS

HABITHACKS ASSIGNMENTS

STRENGTH

WATER

ENDURANCE

EAT

MOBILITY

SLEEP

*FOR INFORMATIONAL PURPOSES ONLY.

GAME DAY / / 2020

MY PROGRESS SCORE 115

COACH'S COACHING SCORE 4

- ☐ TOTAL BODY GAME
- ☐ UPPER BODY GAME
- ☐ LOWER BODY GAME
- ☐ CORE GAME

PROGRESS POINTS

MOVE

ACTIVITY

TARGET

ACTUAL

LESS 50%

50%

100%

BONUS POINTS

MY PERFORMANCE

1ST HALF SCORE

A				1	2	3	2	
B				1	2	3	2	
C				1	2	3	2	
D				1	2	3	2	
E				1	2	3	2	
F				1	2	3	2	
G				1	2	3	2	
H				1	2	3	2	

2ND HALF SCORE

A				1	2	3	2	
B				1	2	3	2	
C				1	2	3	2	
D				1	2	3	2	
E				1	2	3	2	
F				1	2	3	2	
G				1	2	3	2	
H				1	2	3	2	

CARDIO SCORE

CARDIO 1				1	2	3	2	
CARDIO 2				1	2	3	2	
CARDIO 1				1	2	3	2	
CARDIO 1				1	2	3	2	
CARDIO 2				1	2	3	2	

AUTOPAY MEMBER

INDIVIDUAL | \$150 PER MONTH

ROOMATES | \$250 PER MONTH

MONTH-TO-MONTH MEMBER

INDIVIDUAL | \$200 PER MONTH

ROOMATES | \$300 PER MONTH