

EXERCISES



1. Butt Kicks

2. Wallsquat

3. Push up

4. High Knees

5. Lunge

6. Crunch

7. Tap and Stretch

8. Balance

9. Plank

10. Triceps dip

11. Superman



GAME INSTRUCTIONS



PSV Brainport exercise game

Train and think like an elite athlete with the PSV Brainport exercise game. Who is PSV's all-time top scorer? And why do you do a warm-up before playing sports? Test your football and vitality knowledge and get moving with the PSV Brainport exercise game. Form a team as strong as possible with your friends, family, classmates or colleagues and take on Mario Götze, Nick Viergever and other PSV players. Are you up to the challenge? Download and print the board game, watch the PSV players' exercise videos, and experience the fun of exercising with this game. Enjoy the game and the exercises!

Game Instructions

- Form **two** teams.
- Choose a game piece and cut it out, and place it on position 1.
- Who starts? Toss for it!
- If you won the toss, then you get the **first** question from your opponent.
- Your opponent may ask **any** question they please. **PLEASE NOTE:** You can choose whether to be asked a Vitality or a PSV question.
 - o **Correct answer?** Well done! Do an exercise for 30 seconds and move one step forward on the game board. Now you may ask the other team a question.
 - o **Wrong answer?** What a shame... You remain in the same position and ask the other team a question.
- Repeat until you have done all the exercises.
- Are you the first to reach the end, get the last question right and complete the exercise correctly?
Well done! Your team has won.



VAR

- If you land on a VAR exercise, then the opposing team gets to examine your exercise extra closely!
- The opponent checks whether all of the 'boxes' can be ticked.
- Have you performed the exercise correctly? Well done! Your team can continue!
- Haven't quite performed the exercise correctly? What a shame... Your team must stay put!

Referee

- The game can be played both with and without a referee.
 - o **With referee:** the referee checks the exercise and may ask both teams the questions.
 - o **Without referee:** the opposing team checks the exercise and may ask a question each time.

Exercises

If you're not sure about how to carry out an exercise, scan the QR code and view the video.

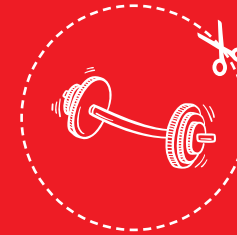


#BrainportVital



GAME PIECES

TO CUT OUT



#BrainportVital

