



EXERCISE GUIDE

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WHO WE ARE.

We are FitSports® an American athletic equipment & apparel manufacture and fitness / sports program utilized by NFL Super Bowl Champion teams, Olympic Team USA athletes & development programs, SHAPE America Teachers of the Year, U.S. Military Bases & U.S. Military Warrior Training Programs, and over a million players worldwide. FitSports® is dedicated to making the World a more fit, healthy, active, inclusive & fun place!

We believe FitSports® Fitness Sports Exercises are the most inclusive, scalable, fit (& fun!) exercises ever, making fitness & sports perfectly balanced for varied groups of different genders, ages, ability and competition levels without compromise. FitSports® Fitness Sports Exercises can be incorporated into any school, gym, YMCA, camp, or active gathering.

FitSports® Fitness Sports Exercises utilize scalable combinatorial algorithms that pair every player with and against every other player over a number of rounds to isolate their individual achievement from team achievement. The result is an individualized FitScore™ so that players can be (and beat) their personal best, while still allowing opt-in to our advanced FitSports® competition ranking system.

Whew! That sounds pretty complicated! It's not, we promise. We'll walk you through it, but first...

WHY FITNESS THROUGH SPORTS?

Why fitness through sports? According to research, those who participate in sports as opposed to only “weights and treadmill” fitness are almost 5 times as likely to be physically active into their 70s and 80s while decreasing the risk of cardiovascular disease and increasing longevity. Sports exercises the fine muscles and movements that are missed by the

broad routines of “weights and treads”, and research has shown that sports is better than “weights & treadmills” alone in improving mental health (Asztalos, 2009). Sports is a social and mental exercise as well as a physical one. Sports improves concentration, reduces stress and depression, fosters friendship, improves sleep habits, boosts self-confidence, develops social and leadership skills, and it does all this while burning approximately 2-times as many calories as “weights & treadmill” exercising.

So clearly (and scientifically) incorporating sports into a fitness lifestyle is a great idea, but less than 20% of the population participates in sports. We asked, “why not more?”. Answering that question is what drove the FitSports® approach to fitness and sports.

WHAT MAKES FITSPORTS® DIFFERENT?

At FitSports® we have done the research and identified 3 primary barriers that have prevented fitness & sports participation and we have solutions, we’ll give a brief overview and then we’ll go into the details.

- **BARRIER:** “Not enough people are participating at a given time & place, and the possibility of being the only person who shows up to participate prevents anyone from showing up to participate”.
- **SOLUTION:** FitSports® Fitness Sports Exercises work with 1 or more people, including odd numbered groups.
- **BARRIER:** “Even when enough people show up to participate, they are of different ages, genders, competition and skill levels; it’s no fun to play with people who are not similar to me”.
- **SOLUTION:** FitSports® Fitness Sports Exercises utilize our revolutionary FitScore™ system to perfectly balance groups of

different genders, ages, competition and ability levels without compromise.

- **BARRIER:** fitness & sports can result in social anxiety: “If I get beat then I feel embarrassed and weak, and if I win then the other people might get jealous. Participating is just too high stress!”.
- **SOLUTION:** At FitSports® you are your only competition, it’s all about being (and beating!) your personal best. There is no embarrassment or jealousy, only encouragement & fun! That said, players can opt-in to the competition rankings, but there is no pressure either way!

Let’s walk through a FitSports® Fitness Sports Exercise to see how it works!

THE FITSPORTS® FITNESS SPORTS EXERCISE.

Organizing a FitSports® Fitness Sports Exercise is a 4 step process:
1) Get your players together 2) Pick an exercise for your players 3) Play according to the FitSports® Exercise Schedule 4) Distribute the FitScores.

Let’s take a closer look at each step.

1) GET YOUR PLAYERS TOGETHER. This is pretty self explanatory. Get the word out about your exercise, then count how many players show up!

2) PICK AN EXERCISE FOR YOUR PLAYERS. Count your players and pick an exercise for the number of players participating; odd numbered groups are okay; you can round down so if you have 7 players you can pick an exercise for 6 players with 1 substitute.

3) PLAY ACCORDING TO THE FITSPORTS® EXERCISE SCHEDULE. Use one of the four different FitSports® Exercise Schedules

depending on how many players are participating. One and two players generally do not require a schedule.

Let's take a look at the four FitSports® Exercise Schedules and then we will look at how they are used (you can find printable versions of the schedules at the end of this guide).

The four basic FitSports® Exercise Schedules are seen below:

FitSports® Exercise Schedule for 3 Players.					
Player Names	Player #	Round	Team		Team
	1	One	1	Vs	2
	2	Two	1	Vs	3
	3	Three	2	Vs	3

FitSports® Exercise Schedule for 4 or 5 Players.					
Player Names	Player #	Round	Team		Team
	1	One	1,2	Vs	3,4
	2	Two	1,3	Vs	2,4
	3	Three	1,4	Vs	2,3
	4				

FitSports® Exercise Schedule for 6 or 7 Players.					
Player Names	Player #	Round	Team:		Team:

	1	One	1, 2, 3	vs	4, 5, 6
	2	Two	1, 2, 4	vs	3, 5, 6
	3	Three	1, 2, 5	vs	3, 4, 6
	4	Four	1, 2, 6	vs	3, 4, 5
	5	Five	1, 3, 6	vs	2, 4, 5
	6	Six	1, 3, 5	vs	2, 4, 6
		Seven	1, 3, 4	vs	2, 5, 6
		Eight	1, 4, 5	vs	2, 3, 6
		Nine	1, 4, 6	vs	2, 3, 5
		Ten	1, 5, 6	vs	2, 3, 4

FitSports® Exercise Schedule for 8 or More Players.					
Player Names	Player #	Round	Team:		Team:
	1	One	1, 2, 3, 4	vs	5, 6, 7, 8
	2	Two	1, 2, 3, 7	vs	5, 6, 4, 8
	3	Three	1, 2, 3, 8	vs	5, 6, 4, 7
	4	Four	1, 2, 7, 8	vs	5, 6, 3, 4
	5	Five	1, 2, 4, 8	vs	5, 6, 3, 7
	6	Six	1, 2, 4, 7	vs	5, 6, 3, 8
	7	Seven	1, 5, 4, 7	vs	2, 6, 3, 8
	8	Eight	1, 5, 3, 4	vs	2, 6, 7, 8
		Nine	1, 5, 3, 7	vs	2, 6, 4, 8
		Ten	1, 5, 3, 8	vs	2, 6, 4, 7
		Eleven	1, 5, 7, 8	vs	2, 6, 3, 4

		Twelve	1, 5, 4, 8	vs	2, 6, 3, 7
		Thirteen	1, 6, 4, 8	vs	2, 5, 3, 7
		Fourteen	1, 6, 4, 7	vs	2, 5, 3, 8
		Fifteen	1, 6, 3, 7	vs	2, 5, 4, 8
		Sixteen	1, 6, 3, 4	vs	2, 5, 7, 8
		Seventeen	1, 6, 3, 8	vs	2, 5, 4, 7
		Eighteen	1, 6, 7, 8	vs	2, 5, 3, 4

Okay, so how does the FitSports® Exercise Schedule work?

Start by writing your player's names in the "Player Names" column so that every player has an player number (#); notice that you might have more players than numbers, in that case you will give more than one player the same number and those players will be "paired up" and can substitute for each other. Let's take a look at a schedule that has been filled out for 7 players.

FitSports® Exercise Schedule for 6 or 7 Players.					
Player Names	Player #	Round	Team:		Team:
Sam	1	One	1, 2, 3	vs	4, 5, 6
Tara	2	Two	1, 2, 4	vs	3, 5, 6
Imani	3	Three	1, 2, 5	vs	3, 4, 6
Chase	4	Four	1, 2, 6	vs	3, 4, 5
Tom	5	Five	1, 3, 6	vs	2, 4, 5
Akio, Luis	6	Six	1, 3, 5	vs	2, 4, 6
		Seven	1, 3, 4	vs	2, 5, 6
		Eight	1, 4, 5	vs	2, 3, 6

		Nine	1, 4, 6	vs	2, 3, 5
		Ten	1, 5, 6	vs	2, 3, 4

Notice that Akio and Luis are paired up and both have the player number 6.

Once every player has a player number you can begin the exercise.

Exercises are played in rounds. Rounds can last as long as you'd like, but typically they are played over two possessions (ex. one team starts with the ball first then after the point, the other team starts with the ball and then after the next point the round is over). If both teams score during the round then the round is a draw and every player on both teams earn a FitPoint; if a team scores both points then only the players on that team earn the FitPoint for that round. Notice that FitPoints are earned by players individually.

After each round the players rotate teams according to the schedule. Looking at the schedule above, in the first round Sam, Tara and Imani are a team against Chase, Tom, Akio and Luis; when a team has more players they can either substitute players or field all of their players; however, if a team fields all of their players (3 v 4 in this case) and they lose the round then the opposing, smaller team earns an extra FitPoint. In the second round Sam, Tara and Chase play against Imani, Tom, Akio and Luis. Notice again that every round the players rotate teams. The idea is that (with the exception of players who are paired up), every player will play with and against every other player.

Teams can differentiate themselves however they wish, we typically use reversible pinnies or reversible wrist-bands.

After playing through all the rounds, rotating teams and keeping track of FitPoints as you go, a completed schedule might look like this.

FitSports® Exercise Schedule for 6 or 7 Athletes.

Player Names	Player #	Round	Team:		Team:
Sam	1	One	<u>1, 2, 3</u>	vs	4, 5, 6
Tara	2	Two	1, 2, 4	vs	<u>3, 5, 6</u>
Imani	3	Three	<u>1, 2, 5</u>	vs	<u>3, 4, 6</u>
Chase	4	Four	<u>1, 2, 6</u>	vs	3, 4, 5
Tom	5	Five	<u>1, 3, 6</u>	vs	2, 4, 5
Akio, Luis	6	Six	1, 3, 5	vs	<u>2, 4, 6</u>
		Seven	1, 3, 4	vs	<u>2, 5, 6</u>
		Eight	<u>1, 4, 5</u>	vs	<u>2, 3, 6</u>
		Nine	<u>1, 4, 6</u>	vs	2, 3, 5
		Ten	1, 5, 6	vs	<u>2, 3, 4</u>

Notice that the FitSports® Coach who organized this exercise decided to underline the winning team of each round. Sometimes both teams are underlined and those teams tied the round and both earned a FitPoint.

4) DISTRIBUTE THE FITSCORES. Now that the exercise has been completed it is time to distribute the FitScores. The Coach counts up each player's FitPoints individually to tabulate their FitScores. The FitScores from our example exercise are as follows:

Sam(1): 6

Tara(2): 7

Imani(3): 6

Chase(4): 5

Tom(5): 4

Akio, Luis(6): 8

The Coach shares the FitScores with each player privately so they can track their progress, except for Chase and Tom who were playing competitively, and so the Coach announces their scores publicly, with Chase having won the exercise by one point, 5 to 4.

CONCLUSION. In our example exercise the FitSports® Fitness Sports Exercise allowed 7 people of different ages, genders, ability and competition levels to play together, without compromise.

Chase and Tom are high schoolers who like to compete against each other. Tara is in her 40s and likes the exercise, fun and socializing of sports but “isn’t very good” and doesn’t like to “let the team down”. Sam is in his 50s and enjoys sports for recreation and fitness but doesn’t care too much about “winning or losing”. Imani is in her 30s and has a medical condition that typically requires a special league for her to play. Akio and Luis are best friends in their 20s who like to do everything together.

Because every person played with and against every other person (with the exception of Akio and Luis), their individual performance was decoupled from their team’s performance, and so everyone was able to get what they wanted out of the exercise.

Chase and Tom were able to compete against each other by comparing their FitScores; their FitScores are directly comparable since they both competed on and against the same teams as each other. Furthermore, because they played with and against each other the FitSports® Program fostered teamwork as well as competition between them.

Tara, in her 40s, was able to play at her own pace without feeling like she was “letting her team down” since she gave the same effort to every team combination equally.

Sam was able to get a world-class physical and mental exercise without getting wrapped up in “winning or losing”.

Imani was able to play with everyone despite the medical condition that usually requires her to play in a special league.

Akio and Luis were able to play together the entire exercise.

Everyone was able to get what they wanted out of the exercise, and that's the brilliance of a FitSports® Fitness Sports Exercise, it allows all different ages, genders, ability & competition levels to play together without compromise.

APPENDIX

Note: Each Schedule is given its own page for easy printout.

FitSports® Combined Exercise Schedule

FITSCORE Card. Copyright © & Patenting 2020 by FitSports® .US												
ROSTER	3 or more players			6 or more players			8 or more players					
Name(s)	#	Red	Wht	#	Red	Wht	#	Red	Wht	#	Red	Wht
1.	1	1	2	1	1 2 3	4 5 6	1	1 2 5 6	3 4 7 8	10	1 2 3 4	5 6 7 8
2.	2	1	3	2	1 2 4	3 5 6	2	1 2 5 7	3 4 6 8	11	1 2 8 4	5 6 3 7
3.	3	2	3	3	1 2 5	3 4 6	3	1 2 5 8	3 4 6 7	12	1 2 7 4	5 6 3 8
4.	4 or more players			4	1 2 6	3 4 5	4	1 2 7 8	3 4 5 6	13	1 6 7 4	5 2 3 8
5.	#	Red	Wht	5	1 3 6	2 4 5	5	1 2 6 8	3 4 5 7	14	1 6 7 8	5 2 3 4
6.	1	1 2	3 4	6	1 3 5	2 4 6	6	1 2 6 7	3 4 5 8	15	1 6 3 8	5 2 7 4
7.	2	1 3	2 4	7	1 3 4	2 5 6	7	1 3 6 7	2 4 5 8	16	1 6 3 7	5 2 8 4
8.	3	1 4	2 3	8	1 4 5	2 3 6	8	1 3 5 6	2 4 7 8	17	1 6 3 4	5 2 7 8
KEY: # columns represent rounds. Red and Wht columns represent teams (colors may vary).				9	1 4 6	2 3 5	9	1 3 5 7	2 4 6 8	18	1 6 8 4	5 2 3 7
				10	1 5 6	2 3 4	NOTES: More than one Athlete can be assigned a roster number (required for odd numbered groups, and groups bigger than 8). Short sided teams should receive a point multiplier.					

FitSports® Schedule for 3 Athletes.

Athlete Names	Athlete #	Round	Team		Team
	1	One	1	Vs	2
	2	Two	1	Vs	3
	3	Three	2	Vs	3

FitSports® Schedule for 4 or 5 Athletes.

Athlete Names	Athlete #	Round	Team		Team
	1	One	1,2	Vs	3,4
	2	Two	1,3	Vs	2,4
	3	Three	1,4	Vs	2,3
	4				

FitSports® Schedule for 6 or 7 Athletes.

Athlete Names	Athlete #	Round	Team: Red	vs	Team: White
	1	One	1, 2, 3	vs	4, 5, 6
	2	Two	1, 2, 4	vs	3, 5, 6
	3	Three	1, 2, 5	vs	3, 4, 6
	4	Four	1, 2, 6	vs	3, 4, 5
	5	Five	1, 3, 6	vs	2, 4, 5
	6	Six	1, 3, 5	vs	2, 4, 6
		Seven	1, 3, 4	vs	2, 5, 6
		Eight	1, 4, 5	vs	2, 3, 6
		Nine	1, 4, 6	vs	2, 3, 5
		Ten	1, 5, 6	vs	2, 3, 4

FitSports® Schedule for 8 or More Athletes.

Athlete Names	Athlete #	Round	Team:	vs	Team:
	1	One	1, 2, 3, 4	vs	5, 6, 7, 8
	2	Two	1, 2, 3, 7	vs	5, 6, 4, 8
	3	Three	1, 2, 3, 8	vs	5, 6, 4, 7
	4	Four	1, 2, 7, 8	vs	5, 6, 3, 4
	5	Five	1, 2, 4, 8	vs	5, 6, 3, 7
	6	Six	1, 2, 4, 7	vs	5, 6, 3, 8
	7	Seven	1, 5, 4, 7	vs	2, 6, 3, 8
	8	Eight	1, 5, 3, 4	vs	2, 6, 7, 8
		Nine	1, 5, 3, 7	vs	2, 6, 4, 8
		Ten	1, 5, 3, 8	vs	2, 6, 4, 7
		Eleven	1, 5, 7, 8	vs	2, 6, 3, 4
		Twelve	1, 5, 4, 8	vs	2, 6, 3, 7
		Thirteen	1, 6, 4, 8	vs	2, 5, 3, 7
		Fourteen	1, 6, 4, 7	vs	2, 5, 3, 8
		Fifteen	1, 6, 3, 7	vs	2, 5, 4, 8
		Sixteen	1, 6, 3, 4	vs	2, 5, 7, 8
		Seventeen	1, 6, 3, 8	vs	2, 5, 4, 7
		Eighteen	1, 6, 7, 8	vs	2, 5, 3, 4

Further information can be found at www.FitSports.us

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