FOCEA
A.S.D. FOCE "Dario Schenone"
GENOVA

REGOLAMENTO DEL GIOCO

• Numero dei giocatori
Da 1 a 6 giocatori

• Scopo del gioco
Percorrere tutte le caselle del tabellone ed arrivare all'arrivo dopo aver affrontato le sfide previste.

• Preparazione del gioco
Preparare il tabellone di gioco e disporre una pedina per giocatore nella casella "VIA" e un dado a 6 facce. Nel caso in cui non si disponga del dado, questo può essere facilmente trovato online in versione digitale.
Preparare un tappetino per svolgere gli esercizi in un luogo ampio e arieggiato.

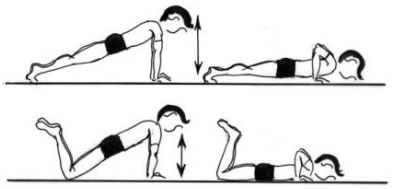
• Svolgimento del gioco
La meccanica di gioco è molto semplice: ogni giocatore a turno tirerà il dado e avanzerà con la propria pedina con un numero di passi pari al numero risultato del lancio.
Il giocatore può capitare in 2 tipi di caselle:

- ➔ caselle semplici: il giocatore dovrà svolgere l'esercizio numerato con lo stesso numero della casella indicato nella *tabella prove*
- ➔ caselle rosse (Isole) : il giocatore dovrà lanciare il dado per stabilire quale sfida dovrà affrontare in base alla *tabella sfide*. Se la sfida viene superata il giocatore rilancerà il dado ed eseguirà ciò che viene indicato nella *tabella ricompense* al numero ottenuto dal lancio. Se la sfida non viene superata il giocatore rilancerà il dado e eseguirà ciò che viene indicato nella *tabella penitenze* al numero ottenuto dal lancio.

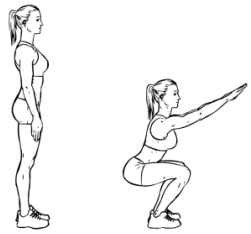
• Conclusione del gioco/condizioni di vittoria
Vince il giocatore che per primo arriva alla casella "ARRIVO"
Verrà stilata una classifica tra i giocatori in base a chi ha percorso il maggior numero di caselle.
Nel caso in cui dopo 2 ore nessun giocatore raggiunga la casella "ARRIVO" vince il giocatore che ha percorso il maggior numero di caselle.

TABELLA PROVE

1: 10 push ups

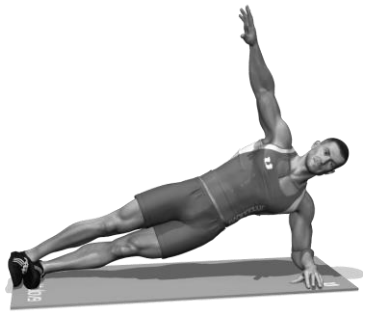


2: 15 squat

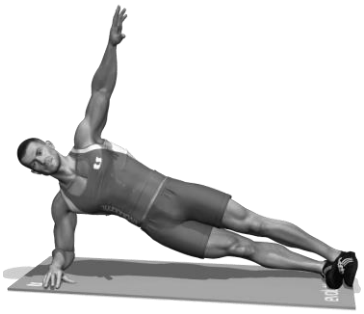


3: 30 secondi plank

4: 30 secondi side plank SX

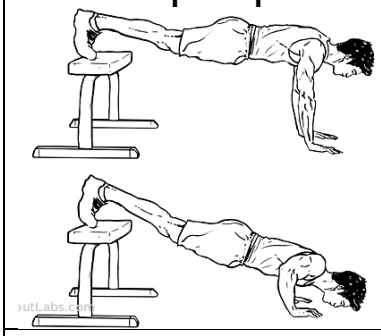


5: 30 secondi side plank DX



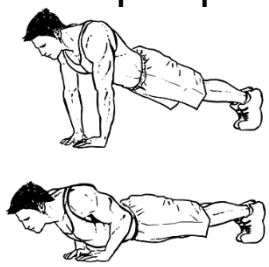
6: 10 jump squat

7: 8 decline push ups

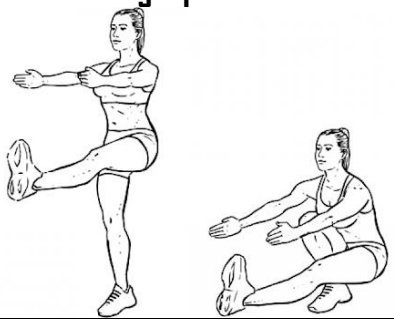


8: 10 affondi per gamba

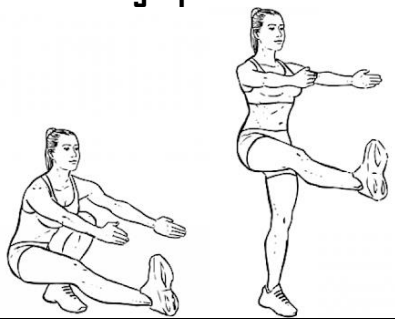
9: 5 diamond push ups



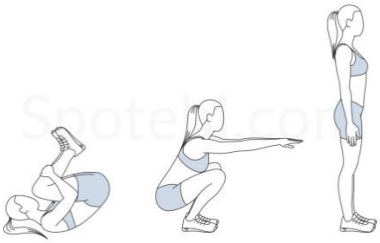
10: 5 one leg squat DX



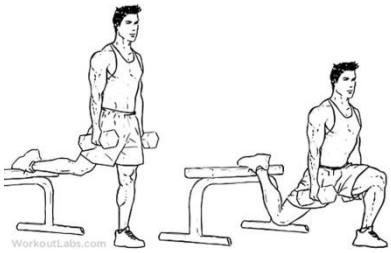
11: 5 one leg squat SX



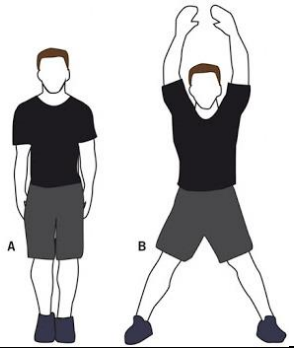
12: 10 rolling squat



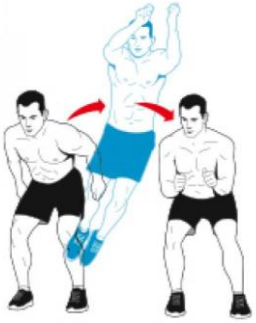
13: 8 squat bulgaro per gamba



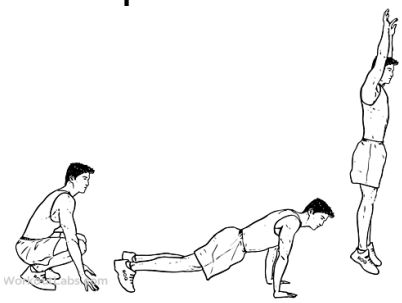
14: 30 jamping jacks



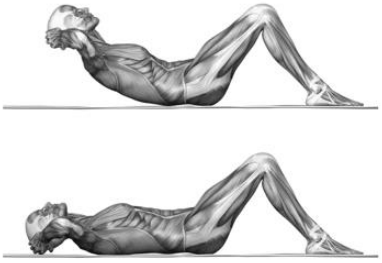
15: 20 balzi laterali



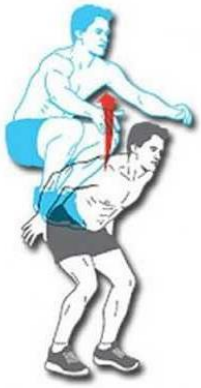
16: 10 burpees



17: 20 crunch



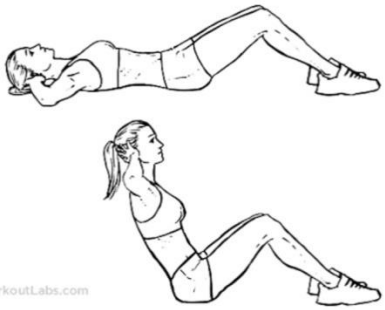
18: 12 salti ginocchia al petto



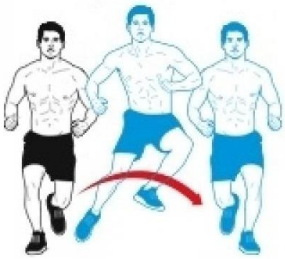
19: 20 crunch inverso

20: 30 sec skip

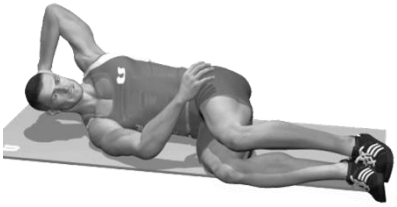
21: 20 sit up



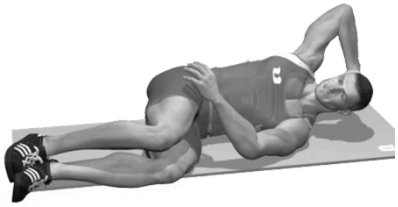
22: 45 sec saltelli laterali



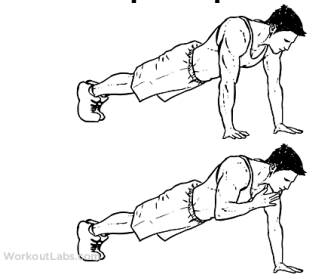
23: 10 addominali laterali SX



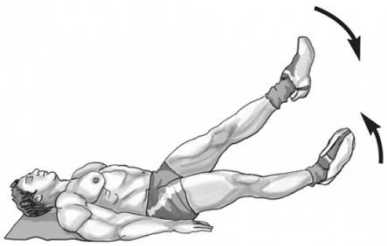
24: 10 addominali laterali DX



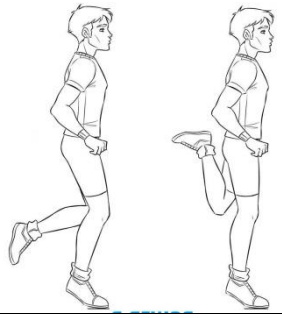
25: 30 sec push up tocco spalle



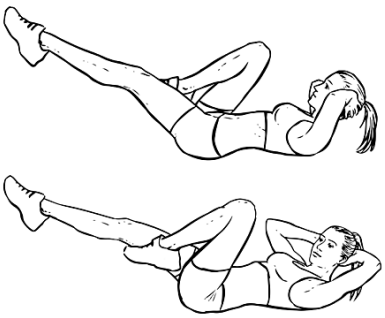
26: 30 sec sforbiciate



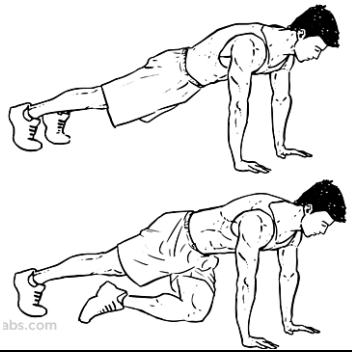
27: 30 sec calciata dietro



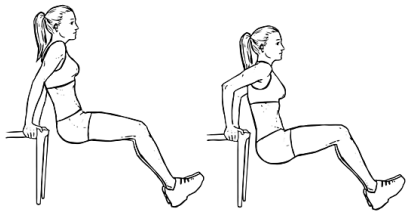
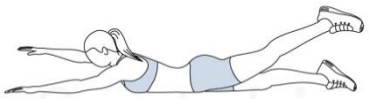
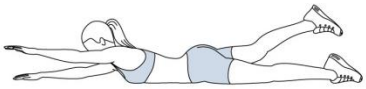
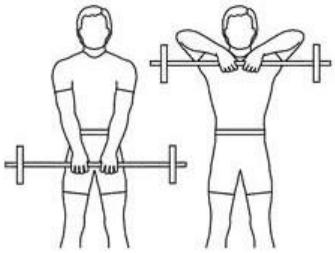
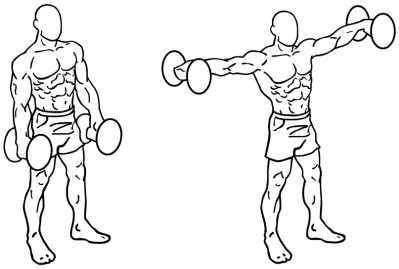
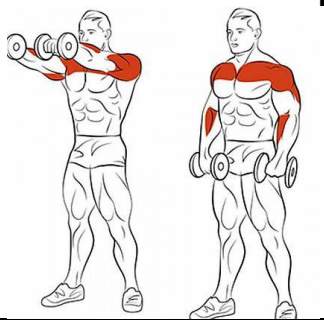
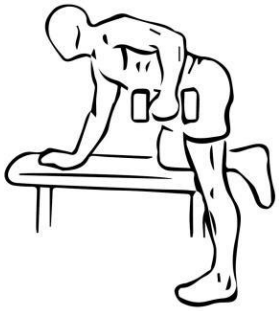
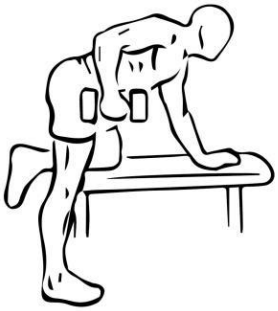
28: 30 sec bicicletta



29: 30 sec mountain climber



30: 20 tocco alle caviglie alto

31: 10 dips su sedia 	**32**: 20 tocco alle caviglie basso 	**33**: 30 sec superman DX  (braccio destro, gamba sinistra e testa alzati)
34: 30 sec superman SX  (braccio sinistro, gamba destra e testa alzati)	**35**: 10 curl bicipiti con pesi DX 	**36**: 10 tirate al mento con pesi 
37: 10 curl bicipiti con pesi SX 	**38**: 30 sec sedia al muro 	**39**: 20 lombari a terra (partire da sdraiati a pancia sotto e sollevare contemporaneamente braccia e gambe per tornare alla posizione di partenza)
40: 10 alzate laterali con pesi 	**41**: 10 alzate frontali con pesi 	**42**: 20 twist con peso
43: 10 rematore con pesi SX 	**44**: 10 rematore con pesi DX 	**45**: 10 affondi laterali SX

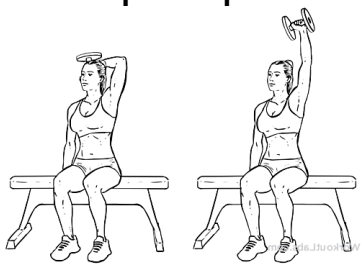
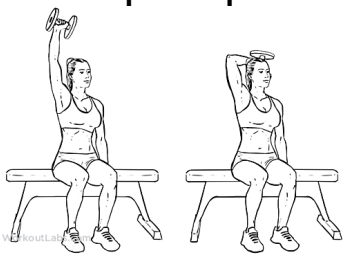
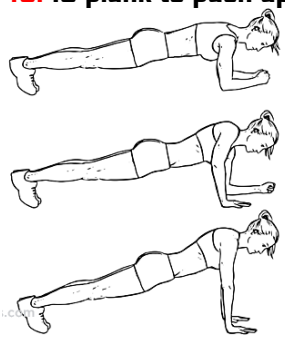
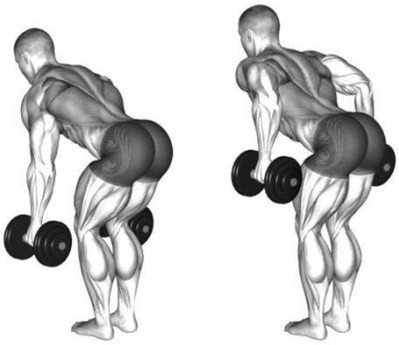
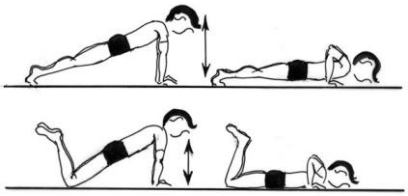
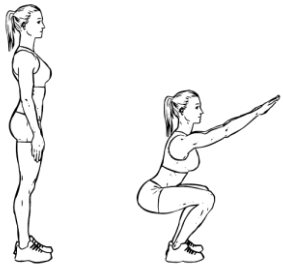
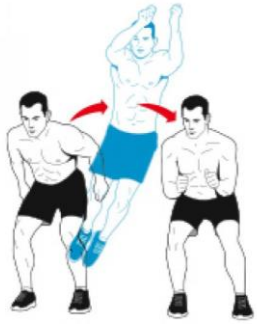
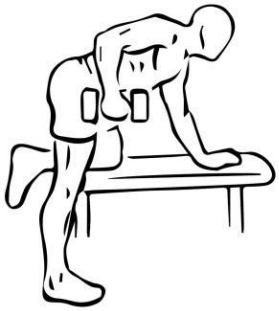
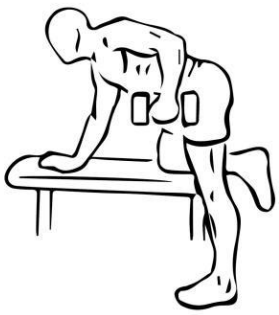
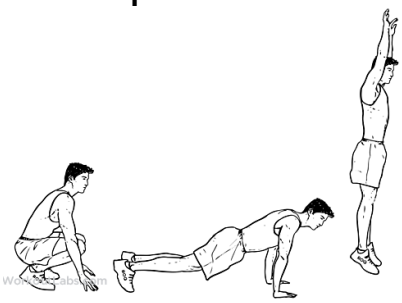
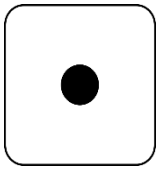
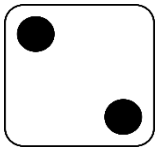
46: 10 affondi laterali DX	**47**: 10 tricipiti con peso SX 	**48**: 10 tricipiti con peso DX 
49: 10 plank to push up 	**50**: 10 rematore con peso 	**51**: 10 flessioni 
52: 15 squat 	**53**: 10 curl bicipiti con pesi SX	**54**: 10 curl bicipiti con pesi DX
55: 10 balzi laterali 	**56**: 10 affondi per gamba	**57**: 10 rematore con pesi DX 
58: 10 rematore con pesi SX 	**59**: 10 burpees 	**60**: 15 jump squat

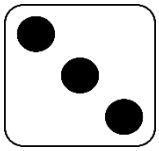
TABELLA SFIDE



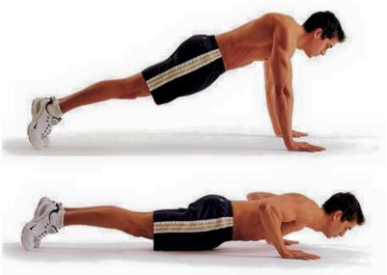
Plank challenge 2 minuti

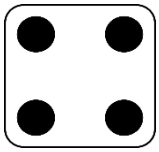


Sedia al muro 2 minuti

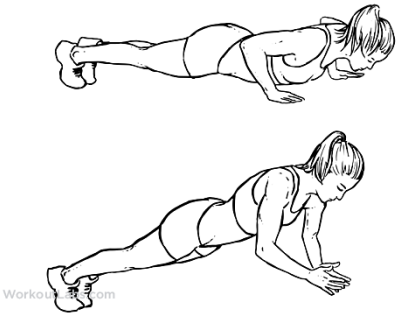


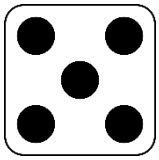
20 piegamenti sulle braccia non stop



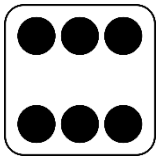


5 Clap push-ups

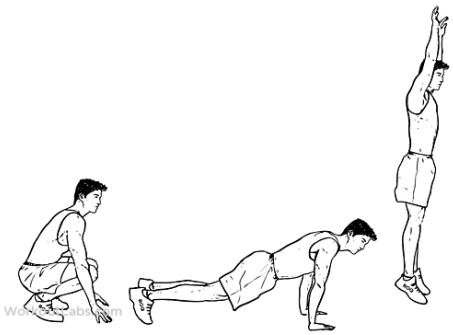




50 squat non stop



30 burpees



RICOMPENSE

1. avanza di 2 caselle in più al prossimo turno
2. dimezza la durata del tuo prossimo esercizio
3. un avversario a tua scelta retrocede di 5 caselle (se giochi da solo ritira il dado per un altro premio)
4. avanza di 6 caselle senza ritirare il dado al prossimo turno
5. salta il prossimo esercizio
6. fai cambio di posizione con un avversario a tua scelta (se sei in testa ritira il dado per un altro premio)(se giochi da solo ritira il dado per un altro premio)

PENITENZE

1. torna indietro di 2 caselle
2. raddoppia la durata del prossimo esercizio
3. torna all ultima casella su cui sei capitato
4. indietreggia di 5 caselle
5. prendi il posto dell' avversario ultimo in classifica (se giochi da solo ritira il dado per un'altra ricompensa)
6. ripeti la sfida