

PRE-EVENT SETUP (Q notes)

1. Form teams — before warm-up starts. Headcount first.
2. Elect captain + name — during a non-cadence warm-up move.
3. Announce captain duties clearly, once, to the whole group:
 - Captain holds the team's exercise sheet.
 - Captain calls cadence (counts reps out loud) for all in-cadence exercises — must be comfortable counting.
 - Captain keeps team honest.
4. Before moving to the Main Event: Get a quick shout-out from each team — name and captain — so you've got it written down for scoring and for calling them out during the workout.

SURVIVAL RULES

GOAL: Collect cones 1–9, in order.

- Mosey to a cone and look at the number.
- Perform the matching exercise — every cone, every time, even if it's not your number yet.
- Is it your next number? Keep the cone.
- Wrong number? Leave it, put it back.
- Black mark underneath? Look below and face your consequences. No exceptions.
- When time's called: bring your stack to Q. Most cones survives.

BLACK MARK CONSEQUENCES

- ❖ **#1, #2, or #3- Supply Swap**
 - Trade exercise sheets with the nearest team
- ❖ **#4 - Infected**
 - Drop your most recent cone
- ❖ **#5 or #6 - Zombie Chase**
 - Run 1/2 lap around the field
- ❖ **#7 or #8 - Stealth**
 - Bear crawl to nearest sideline and back
- ❖ **#9 - Sacrifice**
 - Trade your entire stack of cones with nearest team

☢ THE COLLAPSE ☢

Exercise Sheet A

#	Exercise	Reps
1	Shoulder Taps	x7 alpha
2	Jump Squats	x7
3	Carolina Dry Docks	x7
4	Gas Pumpers	x7 IC
5	Burpees	x7
6	Monkey Humpers	x7 IC
7	LBCs	x7 IC
8	Smurf Jacks	x7 IC
9	Mountain Climbers	x7 IC

IC = In Cadence

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 - Run 1/2 lap around the field
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Exercise Sheet B

#	Exercise	Reps
1	Flutter Kicks	x7 IC
2	Merkins	x7
3	Side Straddle Hop	x10 IC
4	Gas Pumpers	x7 IC
5	Burpees	x7
6	Monkey Humpers	x7 IC
7	Low Plank	20 seconds
8	Smurf Jacks	x7 IC
9	Plank Jacks	x7 IC

IC = In Cadence

SURVIVAL RULES

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- Is it your next number? Keep the cone.
- Wrong number? Leave it, put it back.
- Black mark underneath? Look below and face your consequences. No exceptions.
- When time's called: bring your stack to Q. Most cones survives.

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 - Trade exercise sheets with the nearest team
- ❖ **#4 - Infected**
 - Drop your most recent cone
- ❖ **#5 or #6 - Zombie Chase**
 - Run 1/2 lap around the field
- ❖ **#7 or #8 - Stealth**
 - Bear crawl to nearest sideline and back
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Exercise Sheet C

#	Exercise	Reps
1	Squats	x7
2	Boxcutters	x7 IC
3	Raise the Roof	x20
4	Merkins	x7
5	Burpees	x7
6	Monkey Humpers	x7 IC
7	Shoulder Taps	x7 alpha
8	Smurf Jacks	x7 IC
9	Pickle Pointers	x7 IC

IC = In Cadence

SURVIVAL RULES

GOAL: Collect cones 1–9, in order.

- Mosey to a cone and look at the number.
- Perform the matching exercise — every cone, every time, even if it's not your number yet.
- Is it your next number? Keep the cone.
- Wrong number? Leave it, put it back.
- Black mark underneath? Look below and face your consequences. No exceptions.
- When time's called: bring your stack to Q. Most cones survives.

BLACK MARK CONSEQUENCES

- ❖ **#1, #2, or #3- Supply Swap**
 - Trade exercise sheets with the nearest team
- ❖ **#4 - Infected**
 - Drop your most recent cone
- ❖ **#5 or #6 - Zombie Chase**
 - Run 1/2 lap around the field
- ❖ **#7 or #8 - Stealth**
 - Bear crawl to nearest sideline and back
- ❖ **#9 - Sacrifice**
 - Trade your entire stack of cones with nearest team

☢ THE COLLAPSE ☢

Exercise Sheet D

#	Exercise	Reps
1	Plank Jacks	x7 IC
2	Gas Pumpers	x7 IC
3	Carolina Dry Docks	x7
4	Reverse Lunges	x5 alpha
5	Burpees	x7
6	Monkey Humpers	x7
7	American Hammers	x7 IC
8	Smurf Jacks	x7 IC
9	Mountain Climbers	x7 IC

IC = In Cadence

SURVIVAL RULES

GOAL: Collect cones 1–9, in order.

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- Perform the matching exercise — every cone, every time, even if it's not your number yet.
- Is it your next number? Keep the cone.
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