

do it quit

HOW TO PLAY



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PRINCIPLE & AIM OF THE GAME

Don't Quit is a fitness card game for groups of 2-6 people. Players use training exercises (**Challenges**) to weaken opponents and action cards (**Actions**) to defend themselves or boost attacks. Anybody who does not complete a challenge is eliminated. The winner of the game is the one who makes it through right to the end.

PLAYING TIME

Each game lasts a maximum of 60 or 90 minutes. The players decide on the duration of the game at the start. If there is still no winner after this time has expired, all the remaining players will start an endurance plank at the same time, with the winner being the player who holds out the longest.

CHALLENGES

Challenges are training exercises that are performed either for a specified time or with a specified number of repetitions. Instructions for how to play the game correctly can be found at www.dontquitchallenge.de.

BLACK CHALLENGES

If a player draws a black Challenge, they must play it as soon as its their turn. The black Challenge must be performed by all players including the player who played the card. Actions cannot be used against black Challenges. If a player has several black Challenges in their hand, they must play one of them per round in the order of their choosing. The player's turn ends once the current black Challenge is completed.

ACTIONS

An Action always corresponds to a single Challenge. In the case of combined Attacks containing two or more Challenges, the attacked (responding) player may choose which of the Challenges the Action applies to. There are two categories of Actions: offensive and defensive. Offensive actions must be used before an attack, while defensive actions are used in response to an attack. Any Action can be countered by another Action. Played Actions are placed on the discard pile.

NOTE: Overview of all the individual actions on p.5.



Hand symbol
(defensive Action)



Fist symbol
(offensive Action)

WAVE

Setting up: The wave is made up of all completed challenges (excluding black Challenges and Drills) in the order in which they were performed. If a Challenge (e.g. Push-Ups) has already been placed in the wave, further Challenges of that type must be placed in the discard pile.

Trigger: As soon as there are 6 different Challenges in the wave, the wave gets triggered. The timer is paused and all players carry out all of the Challenges from left to right. As soon as a Challenge has been completed by all players, the next Challenge begins. If a player fails to complete a Challenge during a wave, they are eliminated in the same way as during regular play. The level of difficulty is matched to the player with the lowest Level in the game and applies to all players. Once the wave is completed, lay the Challenges on the discard pile and continue the game. No Actions are to be played during the wave.

CONTENTS

- 50 Challenges
- 20 Actions
- Instructions



Can be combined with "Penalty"

Title

Starting position

End position

Level

Beyond level 4, the number of repetitions or seconds should be increased by the "+" value for each successive upgrade



Time Challenge

SETTING UP THE GAME

1 Determine who goes first: The youngest player begins the game as the first Attacker.

Choose your level: Each player chooses a level from 1-4. The higher the level, the more challenging the game. The level selected by each player must be disclosed to the others before the start of the game. During the game, each player must apply their level of choice for all Challenges performed.



NOTE: To facilitate a fair, competitive game and optimal training results, choose a difficulty level that corresponds to your current training level.

3 Warm-up: All players are to perform a short warm-up, e.g. 60 seconds of jumping jacks.

4 Shuffle and deal the cards: The cards are shuffled and each player is dealt six cards. The remaining cards are placed face-down in the centre to form the main deck. Played cards are placed face up on a discard pile.

5 Optional step: Add your own custom rules. Before the start of the game, you may agree a set of special rules that apply for one game only.
For example: The upgrade occurs every 20 minutes; black Challenges do not apply; certain Actions (e.g. Motivation Boost) are removed before the start of the game.

6 Start the upgrade timer: Set the timer to 30 minutes (or your agreed custom duration) and start it. When the timer runs out, the current Attacker will be allowed to finish their turn. For all remaining players, the level of difficulty is then increased by one (upgrade). Re-start the timer. Beyond level 4, the number of repetitions or seconds should be increased by the "+" value for each successive upgrade.

GAMEPLAY

- 1** **At the start of a turn:** The active player (Attacker) fills up his hand to 6 cards. If the current player does not have a Challenge in their hand, they must draw and reveal cards from the main deck until they find one. Any Actions drawn must be placed face-up on the discard pile. Once there are no cards left in the main deck, the discard pile must be shuffled and reused.
- 2** **Attack:** The Attacker lays down a Challenge. This can also be supplemented by an action.
2-3 player mode: The Challenge must be performed by the next player clockwise.
4-6 player mode: The Challenge must be performed by the next player clockwise and by one additional player to be determined by the Attacker.
NOTE: As soon as the number of players drops below four, the game mode changes automatically.
- 3** **Defence:** An 'attacked' player can defend themselves with a corresponding Action from their hand. Any Action played can be countered with a further Action.
2-3 player mode: The attacked player can defend themselves with an Action.
4-6 player mode: Each attacked player can defend themselves with an Action.
- 4** **Drill:** Whenever an Attacker issues an attack, they must also select and perform a Challenge of their choosing from their own hand. If they have no Challenges left in their hand, they must also perform the Challenge they used to attack.
NOTE: The Drill is not incorporated into the wave and cannot be blocked using an Action.
- 5** **Performing the Challenges:** All Challenges not blocked by an Action must now be performed, along with the Drill. The completed Challenges (excluding the Drills) are placed in the wave (see 'wave').
- 6** **At the end of a turn:** Moving clockwise, the next player becomes the Attacker and begins their turn.
NOTE: A player must never perform the same Challenge twice during a single turn. If this situation arises (e.g. as a result of an Action), the player is only required to perform the Challenge once. This ensures that a player never does the same training exercise multiple times during a single turn.

OVERVIEW OF ACTIONS



COMBO

The combination can be used to bundle two challenges for a double attack. These must be executed in the order played. A double attack cannot contain the same type of Challenge more than once.

NOTE: *It is not possible to combine black Challenges with each other or with other Challenges.*



LAST CHANCE

Allows an attacked player to block a Challenge in the current attack. Draw cards from the main deck until a new Challenge is found and then perform it.

NOTE: *Any black Challenges and Actions drawn must be placed on the discard pile.*



MOTIVATION BOOST

As soon as a player draws a Motivation Boost, they must show the card and begin participating in the Challenges issued to all other players, including any combined attacks. The Motivation Boost remains active until the next wave gets triggered and can then be passed on to any other player. The card is only removed from the game when the relevant player is eliminated or when only two players remain.

NOTE: *The Motivation Boost does not apply to Drills or Challenges blocked by Actions.*



REST

Blocks a particular Challenge. In the case of a double attack, it is only possible to block one of the two Challenges.



REVENGE

Turns the Challenge back on the Attacker and allows the responding player to add an additional Challenge from their own hand.

NOTE: *The Challenge added by the responding player cannot be the same as the original Challenge.*



PENALTY

Requires the player performing the current Challenge to hold the final position for an additional 10 seconds upon completing the last repetition. This is necessary in order to complete the Challenge successfully.

NOTE: *Only Challenges marked with the Penalty symbol can be combined with this card.*



SCAPEGOAT

Allows an attacked player to pass a Challenge to any other player instead of performing it themselves.



SWAP

Allows a player to swap a Challenge set by an attacker for a Challenge of their choice from their own hand.



TRAINING PARTNER

The Attacker must choose either to perform the Challenge alongside their target or to cancel the attack altogether.

NOTE: *If the Attacker chooses to join in with the Challenge, both players must perform it at their respective difficulty levels.*

WARNING AND SAFETY INFORMATION

Please read the following warning and safety information carefully before starting the game:

Don't Quit is a fitness game that is comparable to intensive physical training or sporting exercise in terms of its physical difficulty. Because of this, it can lead to physical fatigue. It is intended exclusively for use by adults with an adequate level of physical and psychological stamina. Minors require the consent of their parents or guardians to participate in the game. Poor form or excessive training can lead to health issues. Because of this, please consult a doctor to review your physical fitness levels and ability to engage safely in physical exercise before taking part in the game. This applies in particular to individuals affected by particular risk factors (e.g. chronic conditions, long-term medication, heart, respiratory, back or joint complaints, orthopaedic complaints or hypertension).

The physical safety and health of all players takes priority over their ability to participate in the game. Stop the game immediately if a player is experiencing physical discomfort, fatigue, pain, cramping, dizziness, weakness, difficulty breathing, nausea, or any other type of discomfort. This warning and safety information must be observed and adhered to at all times. The purchaser of the game is responsible for reading the instructions and safety information and communicating them to the players (and, where applicable the players' parents or guardians). Starting a game indicates that the warning and safety information has been read and accepted.

GENERAL ADVICE:

Always drink sufficient fluids (ideally water) and use the rest times in the game to relax and re-energise. Make sure there is enough fresh air circulating in the room. Be sure to warm up appropriately before the game and to perform adequate stretches afterwards.

LEGAL

Concept & development: Survivor GbR

Graphics & illustration: Angelo Gilke

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