

Critical Fit

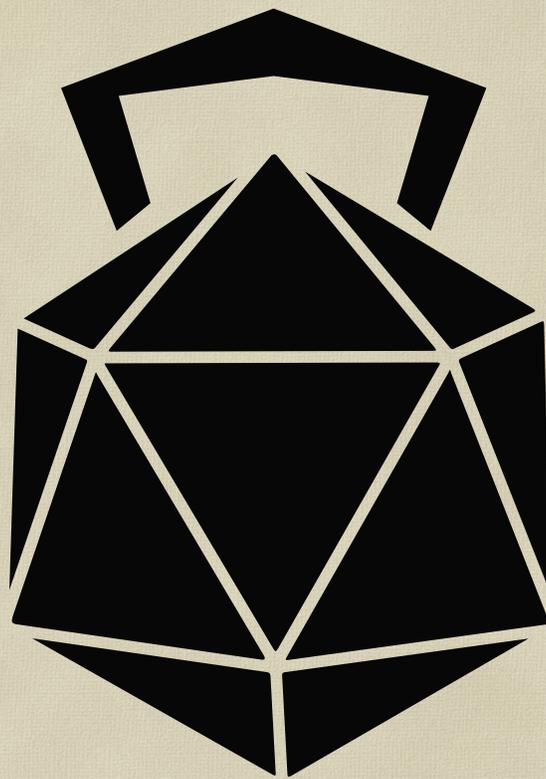
Second Edition



Rulebook

Critical Fit

Second Edition



ROLEPLAYING FITNESS GAME CORE RULESET

Daniel Diaz Brauch

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Credits

Critical Fit Created By

Daniel Diaz Brauch

Illustrations By

Brianna Miller

Workout Designs By

Daniel Diaz Brauch

Class Designs By

Daniel Diaz Brauch, Christopher Sirmans

Special Thanks

Marques Andrews, The Bell Family, Harold Brauch, Edward Broome, Jared & Savannah Dark, Norah Dougherty, Michael Groe, Darby & Ken Herbin, David & Hannah Jones, Laurie & Steve Miller, Ernest Mombay, Michael Orallo, Rob Pascual, Alexander Seals, Nick Soroka, Christopher & Monique Sirmans, Ryan Thompson, Jennii Tran, Christian & Ellen Weatherford, Alec Wills and everyone who has purchased or played Critical Fit. We owe everything to you!

*Dedicated to the memories of Jeannette Bratton, Robert "Ratz" Bratton, and Lydia Diaz-Brauch
We love and miss you dearly.*

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Introduction

Welcome to Critical Fit, the role-playing game that gets you fit! Like the tabletop role-playing games that inspired it, Critical Fit lets you embody a character in an imaginative setting and go on adventures to explore that world. Many tabletop games have methods of providing structure to how the player's choices resolve, be it via rules on cards or the roll of the dice. Critical Fit uses a different method - tests of fitness. This means that you have agency in what happens in your adventure because you are simulating what your character is experiencing in real life. The advantage of this method is that as you go on adventures, you will get fitter over time. As you get fitter, your character in turn becomes more powerful and can perform more feats. This is not to say that the roleplaying game hallmark of dice rolls are completely absent - they are just less common than in many other games!

In Critical Fit, players create a character who works together with other characters to achieve their goals. The possibilities for adventure are limitless - you could go dungeon diving, explore ancient magical ruins, or traverse epic terrain. The group can interact with other people in the world, do battle with fearsome creatures, and unearth powerful magic items that increase their abilities.

The game is run by the Game Master (GM), who provides storytelling and makes rulings on the fitness challenges. However, the game itself is collaborative between the Game Master and their players. The GM will describe a scene, and the characters decide how they want to proceed. When it comes time to fight, the GM will referee the fitness challenges and track combat damage and other factors. There is no one correct way to get through a Critical Fit adventure, and this collaboration between the GM and the characters is at the heart of that.

Sessions can be continued as long as the players and GM wish, and stories can be told over multiple sessions called a Campaign. There is no definite end to the stories that the GM can tell - they are only limited by their imagination!

Fun is the primary goal of any game, and

Critical Fit is no different. As long as the GM and players are having a great time, everybody wins! The plus with Critical Fit is that you will get exercise while living a fantastical story, which has benefits beyond just creating a memorable experience. You will be able to do more in your daily life, help prevent disease, and feel great as well!

Setting

Critical Fit is set in the world of Legarren, a fantasy world similar to the many realms in common roleplaying games. Legarren features a single continent with all manner of landscapes: vast plains, mysterious forests, dark swamps, towering mountains, and some small islands off the east and west coasts.

A number of peoples live on the continent, including the seafaring Kotarans to the west and the forest folk Kilwa'a to the north, the cold-enduring Hazori to the east and the desert dwelling Ankar tribes in the south. Legends tell of a great battle in the past that divided the once great kingdom into a number of separate nations - the battle between the Prodigy and Despair, their true names lost to memory and time. A number of other tales have spread through this land, tales of mountains that hide gateways to the afterlife and of cursed warriors that seek revenge on those that damned them.

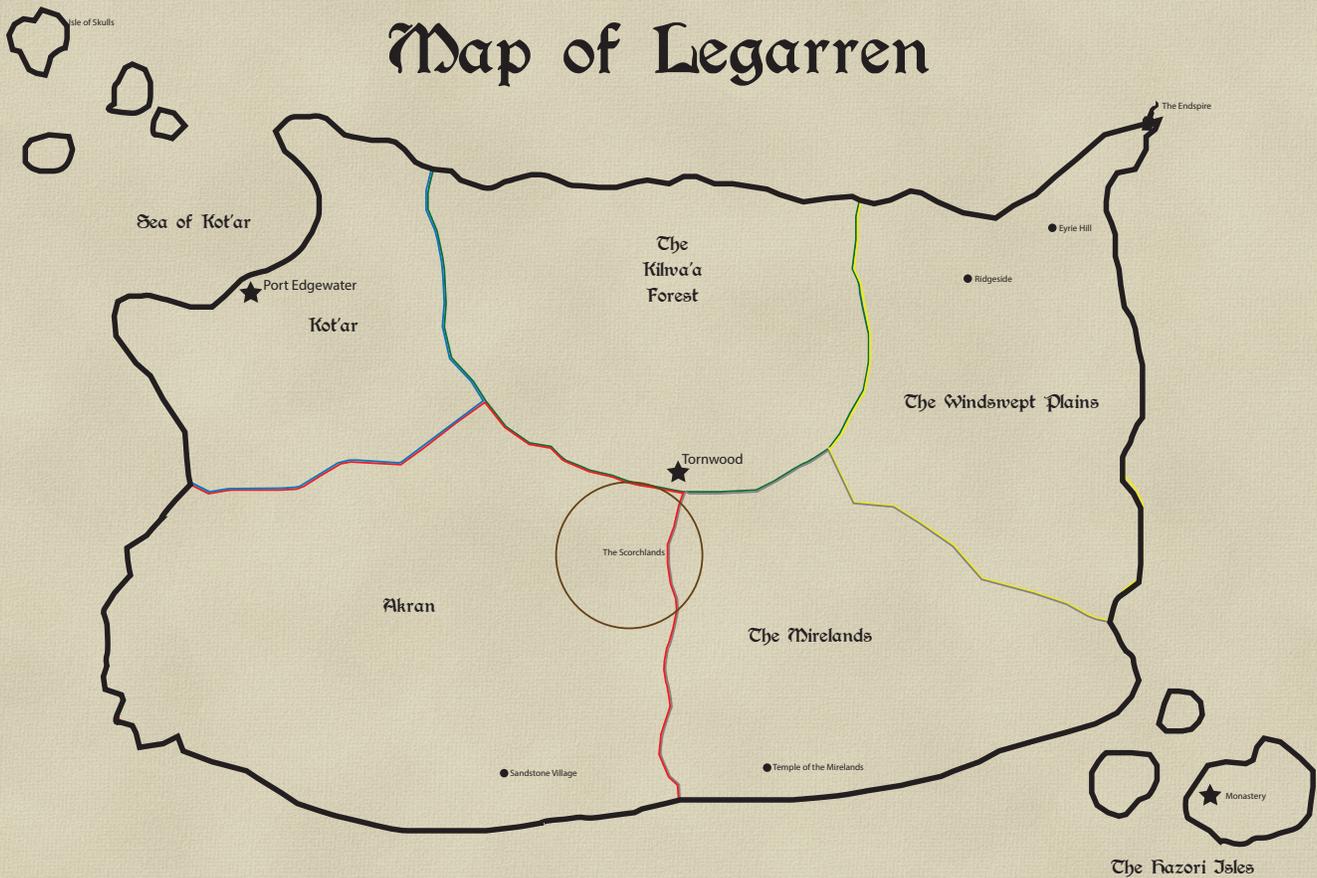
The full history of Legarren is yet to be written. What other tales will be told of your heroics?

How to Use This Book

Critical Fit Second Edition is divided into two sections.

Section 1 is about character creation. It includes information on the choices that will shape your character, information about the various classes and equipment that you can attain, and other ways to make your character your own.

Section 2 is about playing the game. This section provides rules for combat, interacting with the world, and how to shape your workouts.



What You Will Need

Your equipment needs for a session of Critical Fit will vary greatly depending on the group's composition, their classes and their levels in those classes. Most basic actions the players will take do not require any equipment, and only require enough floor space for the player to do a push-up or squat safely. Certain skills the players take may require the use of weights or medicine balls; we encourage players to bring any equipment that their characters require to perform these skills.

Other situations will be determined by dice rolls. Critical Fit uses standard polyhedral gaming dice that you may use for other tabletop role-playing games. The Game Master is the only one that needs a full set, but we encourage players to bring their own if they prefer.

The Game Master will also need a timer of some kind for making rulings during combat. We have had success with everything from a basic stopwatch to timing apps on mobile devices to dedicated gym timers. What you use is up to you!

Understanding Abbreviations

Critical Fit uses certain abbreviations when referring to character statistics or which specific dice to use. Some common abbreviations include:

HP: Hit Points

DMG: Damage

DEF: Defense

D(4, 6, 8, 10, 12, 20): the various dice you will use. You will read the letter d followed by the number of sides.

2D6+1: an abbreviation for the action of rolling 2 six-sided dice (or one six-sided die twice), adding the numbers together, and adding 1 to the resulting score. This is commonly used during combat encounters.

Section One

Character Creation

Your first step in your Critical Fit journey is to imagine and create your character. Your character is your avatar in the world of Legarren. It is a reflection of your imagined person and the type of fitness you choose to pursue. As you gain experience through performing your exercises in a Critical Fit session, your character grows in power, gaining new abilities and giving you new exercise options in the real world.

If you have made a character in a roleplaying game before, you may be familiar with the character creation process. Typically you choose a race, a class, roll some dice to determine your abilities and pick from lists of skills, backgrounds, and equipment. You will not need to pore over long lists and tables to get started in the game! Critical Fit features a streamlined and simple character creation process in which many of the important game elements are decided by your class preference. As far as the roleplay and story elements of your character, you are able to design your character however you choose! Do you want a human Fighter with a tragic past? Go for it. A happy-go-lucky half-orc rogue from a wealthy family? Sure! The options and possibilities are endless.

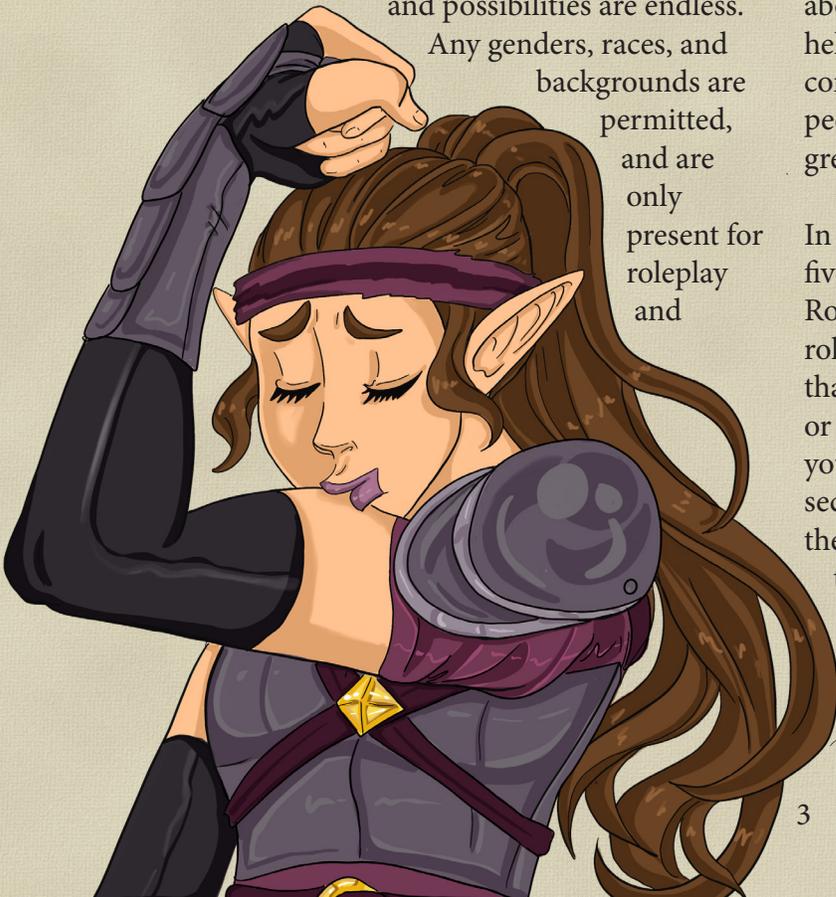
Any genders, races, and backgrounds are permitted, and are only present for roleplay and

storytelling purposes. There are no mechanical advantages or disadvantages in the game for these choices.

If you are new to creating a roleplaying game character, each class section will have a suggested background to help spark your creativity. The key thing to remember is that even though Legarren is separated into several nations, each one of those nations features a variety of people. Elves inhabit all the nations, as do dwarves, humans, half-orcs, goblins, halflings, and anything else you can imagine. Fighters, Mages, Rangers, Rogues, and Druids inhabit every corner of Legarren and can come from any socioeconomic background. Your character's backstory is only limited by your imagination.

Work with your Game Master and your fellow players to come up with something that suits the story that you all will be telling together. Do you want a character with a funny name and backstory who runs around the land killing monsters and pulling pranks on people? Or do you want to make a character who is serious about carrying out a personal quest and needs some help from other like-minded adventurers? Both are completely valid approaches! Collaboration with your peers is the paramount in ensuring that everyone has a great time and gets a great workout during the session.

In the following pages you will find information on the five core classes in Critical Fit: Fighter, Mage, Ranger, Rogue, and Druid. Your class can be considered your role in an adventuring party and has abilities to suit that role, whether you are a combat specialist, a healer, or prefer to buff the other characters in the party while you weaken your enemies with debuffs. Each class section will include a basic description of the class, the class' basic moveset, and a level progression chart that shows you all the powerful moves that your character can gain as they level up. The numbers by some abilities are separated by slashes (/). The number to the left of the slash is the result of a basic success, and the number to the right is the result of a critical success, or Crit.



Fighter



Fighters are the front line combatants of the party! If you like the idea of hitting stuff hard and hitting it often, fighter is the class for you. This class has a well rounded fitness approach with functional bodyweight movements that scale as you increase in experience level. Fighters gain experience by performing variations of three Basic Moves: Push-ups, Sit-ups, and Squats.

Suggested Background: The nation of Kot'ar is famous for its Fighters, who are typically members of the Royal Guard. The Queen of Kot'ar is herself a capable warrior, and the Crown Princess is trained from a young age to be strong, brave, and a great leader.

Basic Moves

Move Name	Exercise	Minimum Reps	Crit Reps	Effect
One-Handed Attack	Push-Ups	6	10+	1 DMG / 2 DMG to one target
Two-Handed Attack	Squats	6	10+	3 DMG / 5 DMG to one target
Parry	Sit-Ups	6	10+	1 DEF / 2 DEF on one target

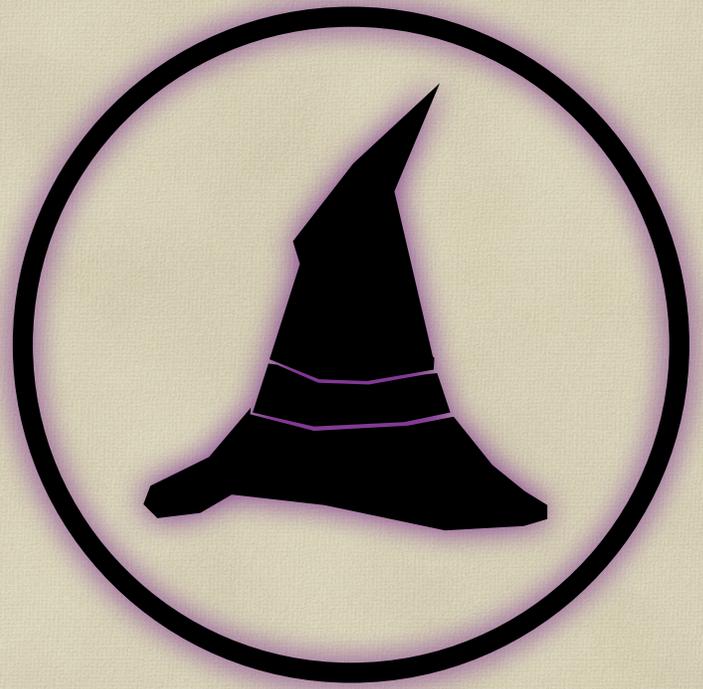
Advanced Moves

Level	Move Name	Exercise	Min Reps	Crit Reps	AP Cost	Effect
2	Execute	Goblet Squats	6	10+	1	4 DMG / 6 DMG to one target
4	Second Wind	Burpees	3	5+	2	+1 HP / +2 HP to one target
6	Rallying Cry	Slam Balls	6	10+	2	Party gains 2 HP and +1 DMG until end of combat
7	Victory Rush	Plyo Push-ups	6	10+	3	2 DMG / 4 DMG to one target. If you deliver a killing blow, your next attack does double damage.
8	Fell Cleave	Weighted Jump Squats	6	10+	3	2 DMG / 4 DMG to up to 3 targets.
10	Holmgang	Kettlebell Swings	8	10+	4	5 DMG / 7 DMG. Chain to a target. It cannot act. You heal half of any DMG done to that target.

Mage

Mages are arcane spellcasters that can perform a variety of roles in the party, from attacks to support to defense. If versatility is what you seek, give this class a try! Mages gain experience by performing variations of three Basic Moves: Triceps Dips, Renegade Rows, and Bicycle Crunches.

Suggested Background: The Windswept Plains are home to many powerful spellcasters, from healers to necromancers. Few mages are able to master more than one type of magic. Your character is one of these few!



Basic Moves

Move Name	Exercise	Minimum Reps	Crit Reps	Effect
Magic Missile	Triceps Dips	6	10+	1 DMG / 2 DMG to one target
Cure Wounds	Renegade Rows	12	16+	+2 HP / +4 HP to one target
Shield	Bicycle Crunches	12	16+	2 DEF / 4 DEF on one target

Advanced Moves

Level	Move Name	Exercise	Min Reps	Crit Reps	AP Cost	Effect
2	Arcane Blast	Slam Balls	6	10+	1	1 DMG / 2 DMG to up to 3 targets
4	Quicken	Supermans	3	5+	2	Target gains an extra turn at the end of each round
5	Benediction	Pushup w/ Rows	6	10+	2	+2 / +4 HP to self and +1 / +3 HP to party
6	Fireball	Plank Up-Downs	6	10+	3	3 DMG to target, +3 DMG for 1 / 2 rounds
7	Slow Time	Alt. Toe Touch	10	12+	3	Target may not attack for 1 / 3 rounds
8	Mirror Image	Atomic Sit-Ups	~	5+	4	Your next 3 attacks do an additional 50% DMG
9	Arcane Barrage	Slam Ball Throw	8	10+	5	2 DMG / 4 DMG to 3 targets. You may target one creature all 3 times.
10	Presence of Mind	Atomic Burpees	~	3+	6	Your next 3 spells have an AP Cost of 0.

Ranger

Rangers are masters of endurance and long-distance travel. They can summon the powers of animal spirits to empower themselves and their allies. Rangers gain experience by performing variations of three Basic Moves: Jumping Jacks, Runner Skips, and Plank Jacks.

Suggested Background: The Ranger's Guild of Tornwood act as urgent messengers, first responders and forces of justice throughout Legarren. Their bravery is unmatched across the land.



Basic Moves

Move Name	Exercise	Minimum Reps	Crit Reps	Effect
Shot	Jumping Jacks	12	16+	1 DMG / 2 DMG to one target
Mark	Runner Skips	~	6+	+2 DMG to next attack on one target
Evade	Plank Jacks	6	10+	1 DEF / 2 DEF on one target

Advanced Moves

Level	Move Name	Exercise	Min Reps	Crit Reps	AP Cost	Effect
2	Aimed Shot	Squat Jacks	6	10+	1	3 DMG / 5 DMG to one target
4	Spirit of the Wolf	Mountain Climbers	3	5+	2	+1 DMG / +3 DMG to all attacks and +1 DMG / +2 DMG to party's attacks
5	Arcane Shot	Plyo Jacks	6	10+	2	2 DMG / 5 DMG with your choice of element
6	Spirit of the Tortoise	Lunge Mountain Climbers	6	10+	3	1 DEF / 3 DEF to self and 1 DEF / 3 DEF to party
7	Rain of Arrows	Jumping Lunges	10	12+	3	1 DMG / 3 DMG to up to 3 targets
8	Spirit of the Phoenix	Slalom Mountain Climbers	~	5+	4	Upon hitting 0 HP, you gain 6 HP. Party members gain 4 HP when they hit 0.
9	Rapid Fire	Jack Burpee	8	10+	5	3 DMG / 5 DMG to 3 targets. You may target one creature all 3 times.
10	Call of the Wild	Plank Jack Mountain Climbers	~	3+	6	All 3 animal spirits are activated

Rogue

Rogues are masters of disguise, trickery, and lethal strategy. The class abilities reflect this, featuring abilities that stack damage, encouraging these characters to think three steps ahead. Rogues gain experience by performing variations of three Basic Moves: Lateral Shuffles, Speed Skaters, and Long Jump with Jog Backs.

Suggested Background: The nation of Akran has several schools of trickery and stealth. The Emperor's guards are typically trained assassins culled from the thieving youth present in the Imperial City.



Basic Moves

Move Name	Exercise	Minimum Reps	Crit Reps	Effect
Sneak Attack	Lateral Shuffles	6	10+	1 DMG / 2 DMG to one target
Backstab	Speed Skaters	8	12+	3 DMG / 5 DMG to one target
Paralyze	Long Jumps w/ Jog Back	~	5+	One target cannot attack for one round

Advanced Moves

Level	Move Name	Exercise	Min Reps	Crit Reps	AP Cost	Effect
2	Throwing Daggers	Shuffle w/ toe touch	6	10+	1	1 DMG / 2 DMG to two targets
4	Leeching Poison	Squat Thrusters	5	8+	2	1 DMG / 3 DMG to one target. You heal that amount.
5	Rupture	Med Ball Speed Skaters	8	12+	2	2 DMG / 4 DMG to one target. If performed after Backstab, 4 DMG / 6 DMG.
6	Blade Flurry	Med Ball Shuffle	6	10+	3	3 DMG to 2 targets / 5 targets
7	Vanish	Tuck Jump Burpees	3	5+	3	You cannot take damage for 1 turn / 2 turns
8	Assassinate	Weighted Toe Touch Speed Skaters	~	5+	4	4 DMG / 6 DMG to one target. If performed after Vanish, 6 DMG / 8 DMG
10	Roll the Bones	Lateral Tuck Jump Burpees	*	*	6	2 or less burpees: 3 DMG 3 burpees: 7 DMG 4 burpees: 7 DMG + damage immunity for 1 round 5+ burpees: 13 DMG + damage immunity for 1 round

Druid

Druids draw their power from the ancient energy present in the land itself. This class trains and rewards core strength and stability with its yoga-inspired movements. Druids gain experience by performing variations of three Basic Moves: Single-leg Deadlifts, T-Pushups, and Twisting Lunges.

Suggested Background: The elves of Kilwa'a are instructed in the natural magics from a young age, and must make a pilgrimage to visit all of the druidic cultures across Legarren before they are considered masters.



Basic Moves

Move Name	Exercise	Minimum Reps	Crit Reps	Effect
Vine Whip	Single-leg Deadlift	6	10+	1 DMG / 2 DMG to one target
Medicine	Modified T-Pushups	5	8+	+2 HP / +4 HP to one target
Entangle	Twisting Lunges	5	8+	One target is stopped for 1 / 2 rounds

Advanced Moves

Level	Move Name	Exercise	Min Reps	Crit Reps	AP Cost	Effect
2	Moonfire	Chair Pose Squats	6	10+	1	3 DMG / 5 DMG to one target
4	Potent Medicine	T-Pushups	5	8+	2	+3 HP / +6 HP to one target
5	Starfall	Chair Pose Twists	6	10+	2	1 DMG / 2 DMG to up to 4 targets
6	Stone Skin	Reaching Situps	6	10+	3	2 DEF / 4 DEF on one target
7	Solar Beam	Chair Pose Squat Jumps	5	8+	3	4 DMG / 6 DMG to one target
8	Celestial Imbue	Downward Dog Mountain Climbers	6	10+	4	+1 DMG / +3 DMG on one target's attacks until end of combat
9	Tranquility	Temple Lateral Squats	8	10+	5	Each party member gains 3 DEF and 3 HP

Passive Abilities

Each class has additional abilities that are gained as they increase in level. These create permanent boosts to ATK and DEF that are added to your ability values. These boosts can be interpreted as the effect of finely-crafted or even magical equipment, or the result of gained experience from many adventures across Legarren. This distinction is left in the hands of your Game Master and gaming group.

The charts below illustrate these passive abilities.

Fighter

Level	Effect
3	ATK+1, DEF+2
5	ATK+2
6	Dual Wield
9	ATK+3, DEF+5

Mage

Level	Effect
2	ATK+1
3	DEF+1
6	DEF+2
7	ATK+3

Ranger

Level	Effect
3	ATK+1
5	DEF+1
7	ATK+2
10	DEF+2

Rogue

Level	Effect
3	ATK+1
7	ATK+2
8	ATK+4, DEF+1

Druid

Level	Effect
3	ATK+1, DEF+1
5	DEF+2
7	ATK+2
9	DEF+3

Section Two

Running the Game

Campaign Structure

So you've decided on your class, assembled some like-minded friends, and you're ready to start your fitness adventure. How do you actually play the game itself?

To play Critical Fit, you'll need two things: a party of adventurers, and a Game Master. This Game Master will tell the story, lead the workouts, and make rulings about character actions and abilities. It is possible to have a member of the party act as the Game Master, and we'll go over that later in this section.

You can either play a one-off Session or a Campaign, which is simply a series of Sessions with a story linking them together. Campaigns and Sessions can be devised by the Game Master or run from a pre-made module.

Each Session must feature the following components:

- Warm-Up
- Workout Challenge
- Cool-Down

It is up to the Game Master how to weave the story into the workout. Here is a typical configuration that we use in our Critical Fit group fitness classes:

- Warm-Up
- Story Segment
- Group Workout Challenge
- Story Segment
- Combat and/or second Workout Challenge
- Story Segment
- Cool-Down

We group our Sessions into story arcs of four to six Sessions and tell a cohesive story across each arc.

We recommend choosing exercises for the Group Workout Challenge that simulate what the characters are going through in the story.

Some examples of story based Group Workout Challenges include:

The characters choose to climb down a gulch and cross a shallow river to reach the other side. You can simulate climbing by incorporating crawling spider-man pushups and crossing difficult terrain with walking lunges.

The characters are traversing a trap-filled hallway. They should perform burpees to dodge overhead traps and tuck jumps to dodge traps built into the lower walls or floor. Adding a short running element can give the players a sense of the distance they need to travel to reach the other side.

The possibilities are only limited by your imagination and the equipment available to you. In our experience, the best ideas include little to no equipment, and simply "playing pretend" like we did as children.

If you want to incorporate puzzles into your Session, consider making failed attempts a short Workout Challenge.

For example, your players may try to solve a puzzle, but get one element wrong. Give them a two to three minute Workout Challenge as they avoid the trap that they just set off.

Another idea is to incorporate a collection game into a combat scenario. The players are beset by a seemingly endless number of enemies. As they defeat the enemies, they notice that certain creatures drop a particular artifact and that placing the artifact in the correct location begins to open the chamber door. This will encourage them to work harder to defeat the enemies and unlock the exit!

Using your best dungeon and environment designs and adapting them to Workout Challenges is a surefire way to create a great workout session for your players!

Combat

Much of Critical Fit's gameplay is focused on combat. There is nothing like taking down a group of goblins in a Group Workout Challenge or banding together to defeat a giant dragon!

Initiative

Critical Fit organizes combat encounters into a cycle of Rounds and Turns.

- A Round is a collection of Turns.
- On your Turn, you can use one ability or use an item that is in your inventory. Certain abilities are "persistent" and stay active until they are triggered. You may not use the same ability twice in a row.

To determine the order of actions taken by the participants in the combat, you'll need to determine initiative. To do this, you'll roll a 20-sided die and the result of that roll will determine your turn order in combat. The Game Master will roll initiative for any enemies in the encounter.

Using Abilities

Using abilities requires 4 steps:

- Declare the ability
- Declare a target
- Perform the exercise challenge
- Determine the effect

Each ability will specify an exercise. You have ten seconds to perform as many reps of the exercise as you can!

Example: For a One-Handed Attack, our Fighter must perform as many pushups as they can in ten seconds. If they get less than 6, they fail. Between 6 and 9 reps, they deal 1 damage. If they do 10 or more, they CRIT and deal 2 damage!

Types of Abilities

Attack (DMG) abilities: these abilities do DMG and decrease the HP of the target. The total DMG of the ability may be decreased by any DEF abilities the target has.

Defense (DEF) abilities: these abilities add protection against Attack abilities. Characters can also gain passive DEF through leveling up or equipment.

Special abilities: these abilities can affect combat in a variety of ways, from reducing ability point (AP) cost to giving targets extra turns each round. Follow the instructions of the ability to determine its effects.

Targets

When an ability says to specify one or multiple targets, you may choose yourself, an enemy, or an ally. Certain abilities allow you to target one creature multiple times.



Ability Points

In the Class section, you may have noticed an “AP Cost” column in the ability charts. AP stands for ability points, which are gained as you increase in level. Each ability has an AP Cost which is subtracted from your total AP when you declare that you are using that ability.

Once you are out of AP, you are limited to your three basic abilities until the Game Master specifies that you have taken a rest and recovered your AP.

Hit Points

Each character begins with 10 hit points. If they drop to 0 hit points, they are rendered unconscious. Healing abilities or items may be used to regain their hit points and bring them back into the fight. A character may not recover higher than their maximum of 10 hit points.

Damage Resistance

Some enemies have resistance to certain forms of damage. Your Game Master may describe these resistances to you, but not typically until you make an attack against the enemy.

Ability Saves

During combat, situations may arise where your character must dodge an area effect or withstand the effects of some poison. The Game Master may require an additional ten second exercise challenge for this, and the ability used is at their discretion.

Here are some class-agnostic alternatives if a character’s abilities don’t match the spirit of the save:

Physical Strength: Push-ups

Dodging: Mountain Climbers

Resisting Status Effects: Plank variation



Enemies in Combat

All enemies, be they monsters or other non-playable characters (NPCs), are controlled by the Game Master. Enemies in premade modules will include statistic blocks that look like the example below:

Goblin

HP: 4
DEF: 0

Each turn, the Goblin tries to hit a character with one attack.

Dagger: 1 DMG
Crude Bow: 1 DMG

Enemies operate by the same rules as player characters with one key exception: the Game Master has the option of rolling dice to determine whether enemy abilities successfully strike the players.

Some enemies can be especially dangerous for lower-level characters, so we suggest including the die rolls as a way to moderate the amount of damage your players are taking. We typically use this method:

Roll a d20. On an 11 or higher, that strike is successful against a player. On a 10 or lower, that strike fails to hit.

If you are new to Critical Fit or playing without a Game Master, you can devise a system to randomize what character is being attacked by an enemy. We suggest rolling a d4 or d6 and assigning a number to each player to keep it fair.

Example: Ke'mana, Marobrak and Quinran are playing Critical Fit as a party of 3 without a Game Master. Their module says that four Goblins are in the room they have just entered. Since there are three player characters, Ke'mana's player uses a d6 to determine who the first Goblin attacks. On a 1 or 2, the Goblin hits Ke'mana; 3 or 4, Marobrak; 5 or 6, Quinran.

Alternately, you could roll a die with a number of sides higher than the number of players in your party. For a party of 3, roll a d4. On a 1, the attack misses. On a 2, 3, or 4, the attack would strike one of the player characters.

Some enemies force an ability save through their actions or passive abilities. See the statistic block below:

Lesser Fire Demon

HP: 8
DEF: 1

Each turn, the Lesser Fire Demon may take one of the following actions:
Ember Punch: 2 DMG
Wave of Flame: 3 DMG to any player who fails to dodge the flames.

In this situation, the Game Master may rule that all players must succeed on an ability that provides them DEF, like the Mage's Shield ability. If they do not have such an ability, then they must succeed in performing 20 Mountain Climbers in a ten second time frame.

Creativity is encouraged when devising exercise challenges or strategies to combat enemies!

Looting Enemies

When all the enemies are defeated, your gaming instincts will tell you to loot the bodies for any money or items that will help you on your quest. The results of your search are completely up to the discretion of the Game Master. The Game Master may decide that the enemies are carrying gold or other currency, but you will more often find a key item for your mission after a combat encounter.



After Combat

After you have survived the combat encounter and found whatever loot there may be, it is time to progress through the story and find out what happens next!

Resting

Typically, your character will regain lost HP and AP between Sessions so that you start each workout with a clean slate and a full complement of your abilities.

Your Game Master may also decide to add a rest into the structure of your Session. The length of such a rest will determine how it affects your character's statistics.

Short Rest: Your character recovers 5 HP and half of their total AP.

Long Rest: Your character recovers all HP and all AP.

You may also utilize any healing items that your character is carrying to aid yourself or another party member.

Players with healing abilities such as the Mage's Cure Wounds or the Druid's Medicine may be allowed to perform the relevant exercise challenge to heal a member of the party. Your Game Master may not allow this, so be sure to ask before attempting the exercise challenge!



Progression

Now that you have a grasp of how to create your character and handle the main aspects of gameplay, it's time to talk about how your character gains experience and new abilities.

Each character class has three basic abilities, with an exercise tied to each one. Your character gains experience by performing repetitions of these exercises. Once you have surpassed the necessary thresholds in all three basic abilities, your character levels up! It's that simple.

Example: Once Ke'mana the Fighter has performed 100 push-ups, 100 sit-ups, and 100 squats over the course of her Critical Fit sessions, she advances to level 2, gaining the Execute ability and two Ability Point slots.

Your repetition accumulation is cumulative. Once you have performed the necessary repetitions to level up, your count starts from that amount.

Example: Now level 2, Ke'mana sets off on a new adventure. Her repetition totals start to accumulate from 100. When she reaches 300 push-ups, 300 sit-ups, and 300 squats, she levels up to 3, gaining the passive ATK+1 and DEF+2 abilities!

Your Game Master may reward you with Experience after completing Workout Challenges in a session or at the end of a story arc. This may come in the form of a certain amount of "repetitions" to add to your totals, or the awarding of a level for completing a story arc. As always, this is at the discretion of your Game Master.

If you are playing through a premade module, any rewards or level milestones will be included in the post-Session notes of that module.

Each Class has different thresholds of repetitions to level up. The charts on the following page may be used as a reference for tracking your experience level.

Also included is a copy of the character sheet that you can use to track your abilities and progress.

Ability Point Increases

Level	2	3	4	5	6	7	8	9	10
AP Slots	2	3	4	5	6	7	8	9	10

Class Experience Charts

Push-Ups	100	300	600	1000	1500	2100	2800	3600	4500
Sit-Ups	100	300	600	1000	1500	2100	2800	3600	4500
Squats	100	300	600	1000	1500	2100	2800	3600	4500

Dips	100	300	600	1000	1500	2100	2800	3600	4500
Renegade Rows	160	480	960	1600	2400	3360	4480	5760	7200
Bicycle Crunches	160	480	960	1600	2400	3360	4480	5760	7200

Jumping Jacks	160	480	960	1600	2400	3360	4480	5760	7200
Runner Skips	60	180	360	600	900	1260	1680	2160	2700
Plank Jacks	100	300	600	1000	1500	2100	2800	3600	4500

Lateral Shuffles	100	300	600	1000	1500	2100	2800	3600	4500
Speed Skaters	120	360	720	1200	1800	2520	3360	4320	5400
Long Jumps	50	150	300	500	750	1050	1400	1800	2250

Dips	100	300	600	1000	1500	2100	2800	3600	4500
Renegade Rows	80	240	480	800	1200	1680	2240	2880	3600
Bicycle Crunches	80	240	480	800	1200	1680	2240	2880	3600



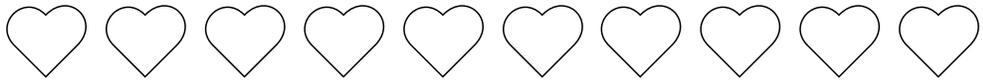
Critical Fit

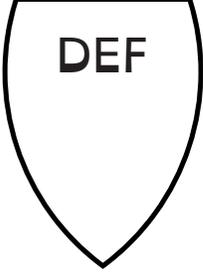
Character Name _____

Player Name _____

CLASS: _____

LEVEL: _____

HP 



AP 

LVL 2nd 2nd 3rd 4th 5th 6th 7th 8th 9th 10th

ABILITIES

Name	Exercise	Min. Reps / CRIT	Effect
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EQUIPMENT

Name	Effect	Name	Effect
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

EXPERIENCE



_____ Exercise



_____ Exercise



_____ Exercise

The Roleplaying Game That Gets You Fit.

With Critical Fit Second Edition, you will embark on a fitness journey unlike anything you've ever experienced before. Create a character, pick a class, and go on adventures designed to get you fit and break through your limits.

Team up with your friends and battle fearsome monsters.

Level up and achieve feats you never thought possible.

Find a new path through the ever-changing fitness landscape.

Get Fit.

Roll Crits.

Critical Fit.