

KOMPAN®

ACTIVITY GUIDE

WORKOUTS AND CHALLENGES WITH
KOMPAN SUPER COMBIS

KOMPAN Fitness Institute

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INTRODUCTION TO KOMPAN SUPER COMBIS



The Super Combis from KOMPAN are created to be engaging multi-functional activity arenas. They are especially developed with schools and young people in mind. They are easy to use without instructions, but with this guide you can completely unfold the potential of any of the three Super Combis.

A Super Combi is a great tool for PE teachers and can in many ways replace the traditional indoor gymnasium. Students can learn about how to be healthy, be physically active and do exercises with proper technique.

A Super Combi is also a great destination for short brain breaks in connection with classes. Five minutes on the structure can really re-boost the energy of the students. This guide has plenty of ideas for short and fun activities.

For best value, users should download the KOMPAN Fitness App, where you can find videos of all exercises.

OVERVIEW OF ACTIVITIES

The activities fall into two different categories: workouts and challenges. The workouts can be performed on an individual basis or together with others. You can do simple workouts where people work out as individuals or in pairs. The standard short workout can easily be done by everyone, whereas the “300 challenge” is rather tough no matter how you do it. The go-to choice for group training is the ever-popular circuit training concept, but for more creative training, you can also try “follow the leader” or “roll the dice”.

The ten small challenges can be used as small brain breaks in connection with other types of classes, or they can be used as individual tests repeated over time. Finally, the ten small challenges can also be used as one complete class where everyone must do all ten challenges.



THE STANDARD SHORT WORKOUT

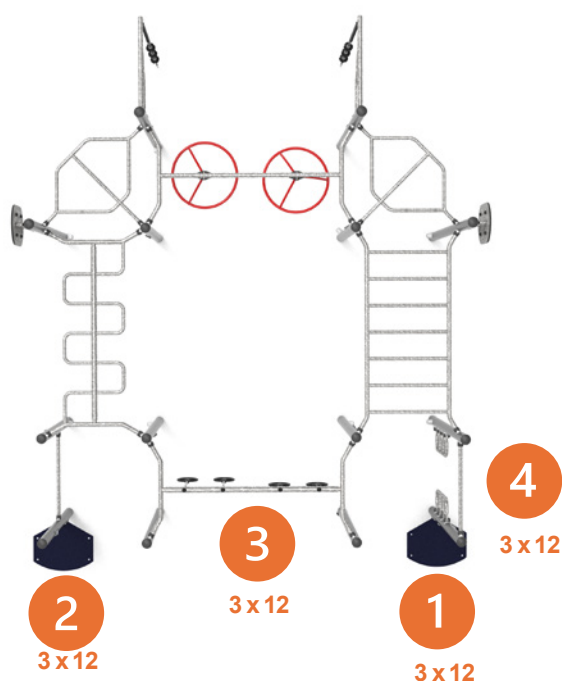


Figure 1*

This is a short and efficient workout that targets most major muscle groups of the body. It includes two exercises for the legs and a push and a pull exercise for the upper body. The goal is to do three sets of 12 repetitions for each muscle group. Keep pauses between sets as short as possible. Total time will be around 15 minutes.

VARIATION: CREATE YOUR OWN WORKOUT

Create your own 15-minute workout. Choose three to five different exercises and define how many repetitions and sets you want to do for each exercise. And then do it!

INSTRUCTIONS:

1. Step-ups — do 12 step-ups with one leg without pauses. Then do 12 with the other leg. Repeat three times.
2. Bulgarian squats — do 12 step-ups with one leg without pauses. Then do 12 with the other leg. Repeat three times.
3. Ring pull-ups with assist — do 12 pull-ups in the high rings. Assist as much as needed with legs. Repeat three times.
4. Incline push-ups — do 12 incline push-ups. Repeat three times

* Figure 1. The four stations for the standard short workout. Start at no. 1. Do three sets of 12 repetitions and then move on to the next exercise.

FIVE IDEAS FOR "WORKOUT OF THE DAY"

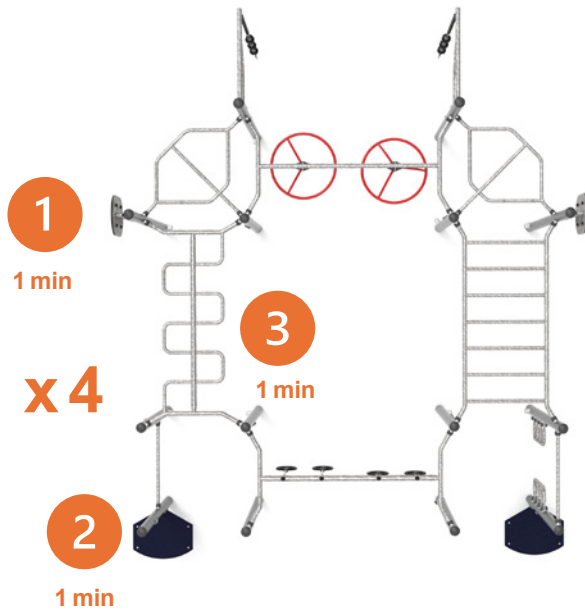


Figure 2*

Inspired by the world of CrossFit, you can also do fun and inspiring "Workout of The Day" concepts. The acronym EMOM stand for "Every Minute On the Minute", which simply means that you do as many repetitions as you can within one minute and then move on to the next exercise.

1. EMOM 1: 1-minute wall ball, 1-minute box jumps and 1-minute pull-ups. Repeat four times so that the total exercise time is 12 minutes. Do as many repetitions as possible within each 1-minute block.
2. EMOM 2: Low bar burpees, jumping rope pull-ups, knee lifts — max. reps in 12 minutes.
3. EMOM 3: Side jumps, turbo rotations, incline push-ups — max. reps in 12 minutes.
4. "Little Cindy": 5 assisted pull-ups, 10 incline push-ups, 10 box squats.
5. "Little Diane": 10, 9, 8, 7, 6, 5, 4, 3, 2, 1 reps of box jumps, standing rows, incline push-ups.

* Figure 2. Illustration of EMOM 1. Do as many repetitions as you can within 1 minute at station 1. Then move on to station 2 and then 3. Repeat this circle four times. Same principle applies to EMOM 2 and 3.

CIRCUIT TRAINING

Circuit training is a classic and popular multi-mode training concept. You organise a number of different exercises in a sequence. When a person finishes an exercise, he/she moves on to the next exercise. The sequence is typically completed two to four times and station changes are controlled by a timer. A good choice for work/rest intervals would be 40/20 seconds

You can vary the number of stations and circles to be completed depending on the number of participants and time available, but a good target would be eight stations and three circles, adding up to 24 minutes' workout time.

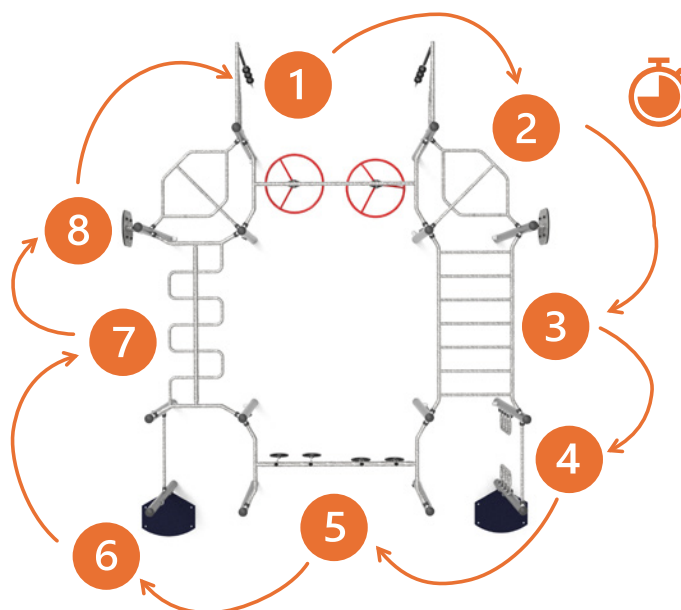


Figure 3*

INSTRUCTIONS FOR LARGER GROUPS AND WORKING OUT IN PAIRS:

1. Place two persons at each of the different exercise stations.
2. Half of the persons will be active at a time.
3. Every full minute, participants swap who is being active.
4. Every second minute, all pairs rotate to the next exercise station.

INSTRUCTIONS FOR WORKING OUT AS INDIVIDUALS:

1. Place one person at each of the different exercise stations.
2. Every full minute, all participants rotate to the next station.
3. Continue until two, three or four circles have been completed.

* Figure 3. Circuit training with eight stations. Repeat the circle two or three times

FOLLOW THE LEADER

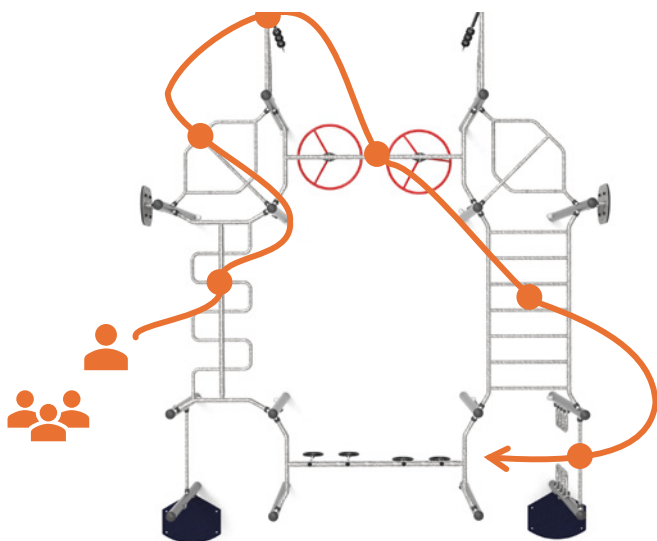


Figure 4*

This is based on a classic children's game. The front person in a row chooses an activity and all other participants must mimic that activity. Then it is the next person's turn. The game facilitates inclusion, as everybody gets a chance to be the leader. To avoid exclusion, you can set the rule that 'any activity must be doable for everyone'.

INSTRUCTIONS:

1. Place a small group (two to five persons) on each side of the structure.
2. The first person "invents" an exercise, and the others follow.
3. Then the next person chooses an exercise.
4. This continues until all or most have chosen an exercise.
5. Then all groups move to the next side.
6. This can be repeated one to four times.

* Figure 4. An example of what "follow the leader" could look like.

ROLL THE DICE

An easy way to gamify exercise. It is totally up to the dice whether the workout will be rational or chaotic, easy or hard.

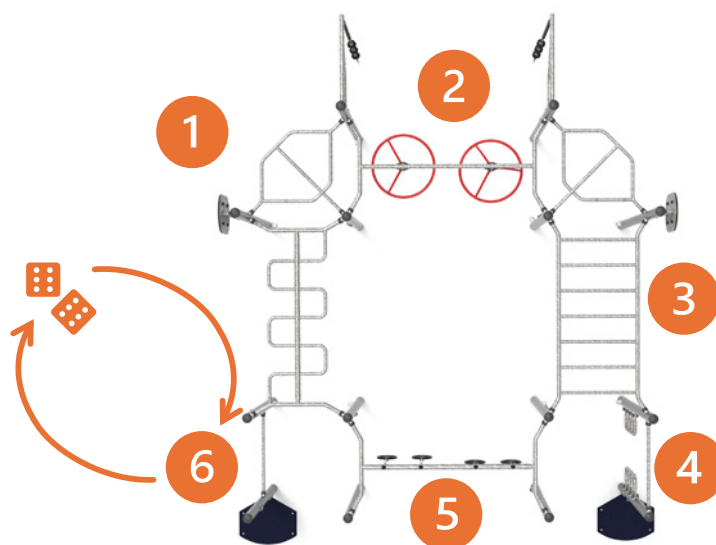


Figure 5*

INSTRUCTIONS:

1. Choose six different exercises and mark them with a number.
2. Place two to six dice on the ground.
3. Each person rolls a dice. First roll tells the group what exercise to do. Second roll determines the number of reps (multiply with two).
4. Continue until everyone have done six turns, or set the timer to 10 minutes.
5. Smaller groups can work out as individuals, but for larger groups, working in pairs can be more fun.

* Figure 5. Roll the dice. One dice decides the station, the other dice decides the number of repetitions.

THE 300 CHALLENGE

This exercise concept gained traction in the CrossFit world after the film “The 300” came out. The story is that the actors in the movie, who were all extremely fit, had to do the 300 challenge on a regular basis. The original 300 challenge was very hard, but the concept can easily be scaled to fit all ability levels. It is just a matter of what exercises you choose. The concept is simple; you must do enough repetitions of several exercises to reach the total of 300 repetitions completed.

You don't have to do any of the sets in one go. Pull-ups, for instance, can be done as ten, eight and seven reps. You can take as many breaks as you need, but you have to stay with one exercise until it is completed.

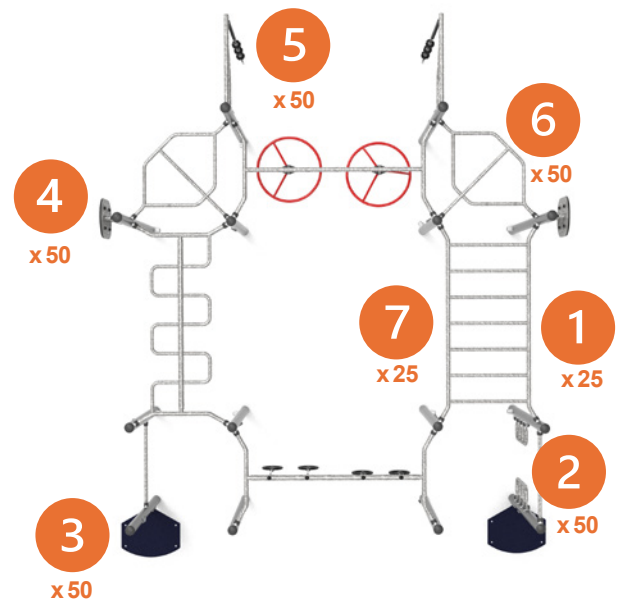


Figure 6*

VARIATION: THE OPEN 300 CHALLENGE

Based on the same principles as the normal 300 challenge, but this time it is totally up to each individual or group to decide how to reach the sum of 300 repetitions.

INSTRUCTIONS:

1. 25 pull-ups
2. 50 push-ups
3. 50 box jumps
4. 50 wall ball hits
5. 50 jumping rope pull-up
6. 50 knee lifts
7. 25 pull-ups

* Figure 6. The 300 challenge. Do all the reps assigned to station 1 and then move on to station 2.




TEN SMALL CHALLENGES

- 1** Move all around the structure without touching the surface. Time it for competition.
- 2** Hang in your arms for 30 seconds.
- 3** Hang in your arms — two persons or a small group. Who can stay hanging for the longest?
- 4** Spend 5 minutes on stretching all major muscle groups: forearms, chest, upper back, abs, lower back, legs front, legs back.
- 5** Rope climbing — who touches the top first? Two persons competing at a time. Do best of three.
- 6** Wall ball — two persons competing. Who hits the target ten times first? Can also be done as an individual test where you time ten target hits.
- 7** Number of pull-ups. Count how many pull-ups you can do in good form.
- 8** Number of air squats. Touch the 40cm platform with your buttocks. Count how many you can do in 30 seconds.
- 9** Technique practice — with a partner, try out the different exercises with focus on technique while looking at the videos in the KOMPAN Fitness App.
- 10** Get your feet higher than your head in three different ways.



APPENDIX: EXERCISE STATIONS OVERVIEW

Using all exercise stations, up to 15 people can be active at the same time. Using a concept where people are working in pairs, 30 people can be engaged. The person not being active in the square can rest or do ground exercises.

	 COMBI 1	 COMBI 2	 COMBI 3
JUMP PLATFORMS	X	X	X
TARGET SHOOT	X	X	X
ROPE	X	X	X
RINGS	X	X	X
SNAKE BAR	X	X	X
UNIVERSAL BARS	X	X	
OVERHEAD LADDER		X	X
MAGNETIC BELLS		X	
TURBO WHEELS			X
PULL-UP CORNER			X
INCLINE PRESS			X
LOW BAR			X
CAPACITY	9	13	15
CAPACITY FOR PAIRS	18	26	30



For each of the different exercise stations you can see all the exercise videos in the KOMPAN Fitness App.