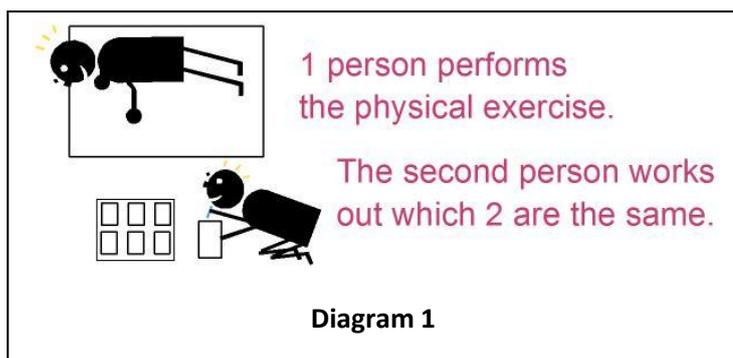


2 The Same

Preparation:

For each exercise station there are 6 maps. Each set of 6 prints onto an A4 sheet of paper. Place 1 set beside each exercise station. (Diagram 1).



How it works:

Person 1 does the exercise for the prescribed period of time (e.g. 45 seconds). Whilst person 1 is performing the exercise the second person looks at the set of 6 maps. They try to work out which 2 of the 6 maps are identical. The participants fill in their answer sheets with what they believe to be the correct answer. (e.g. 2 and 4)

At the end of the circuit training session the coach can give out solutions sheets and participants can work out how many they have got right.

Two the same - Map 1

1



2



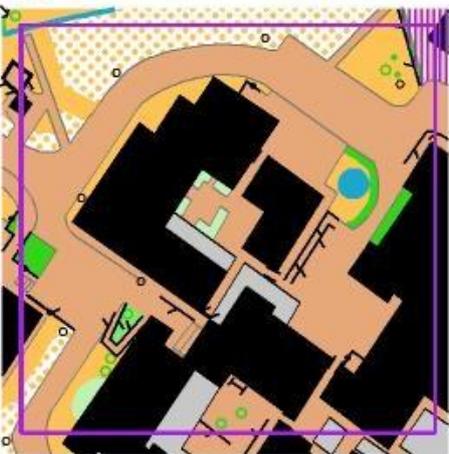
3



4



5

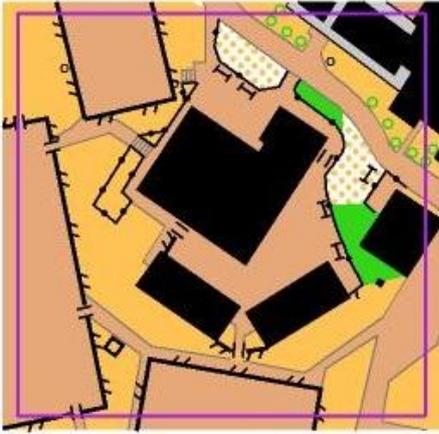


6

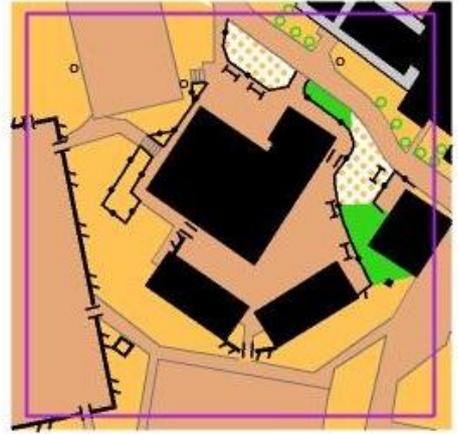


Two the same - Map 2

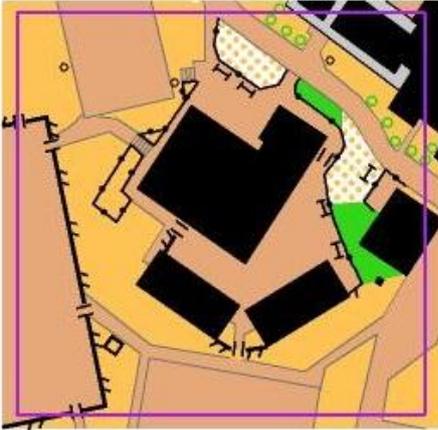
1



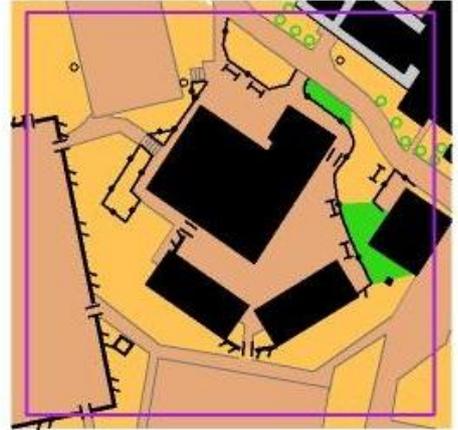
2



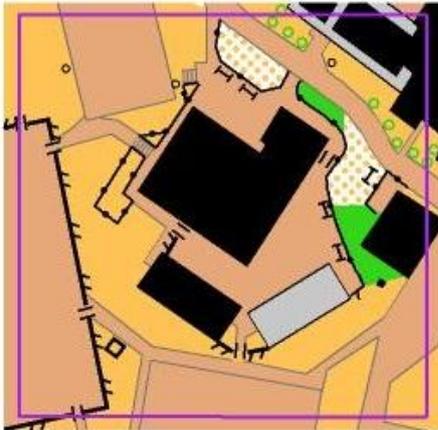
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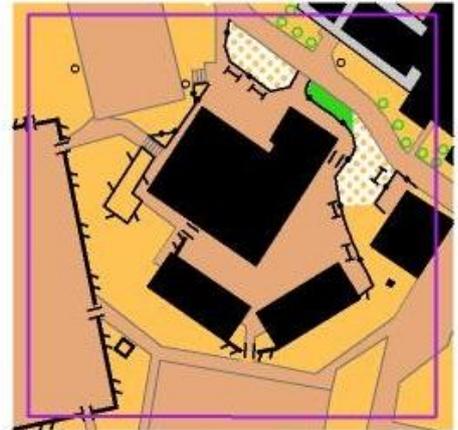
4



5



6



Two the same - Map 3

1



2



3



4



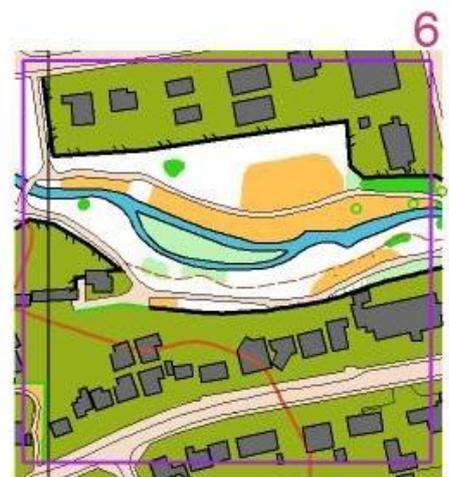
5



6



Two the same - Map 4



Two the same - Map 5

1



2



3



4



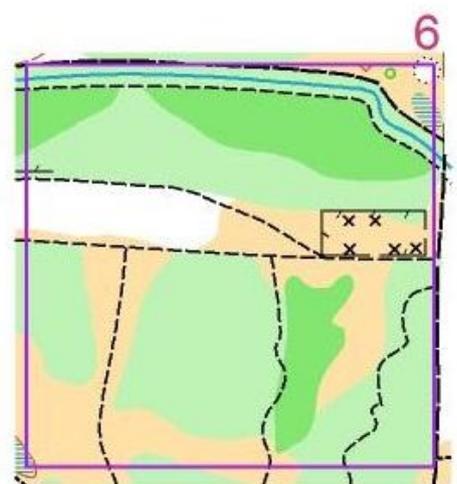
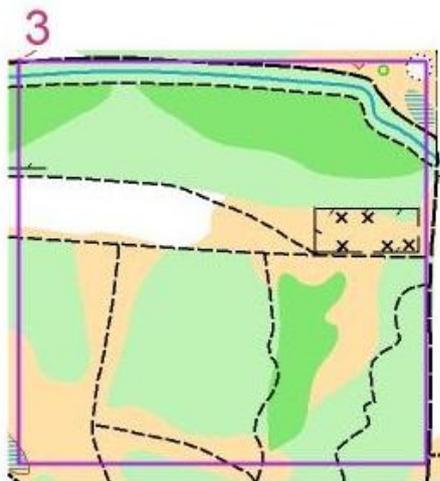
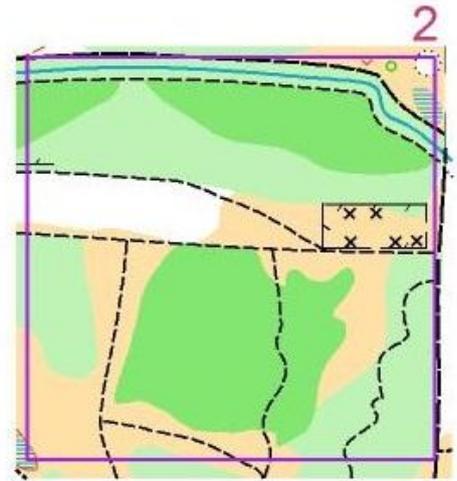
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6

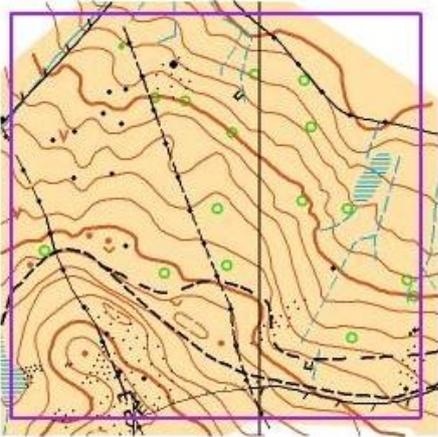


Two the same - Map 6

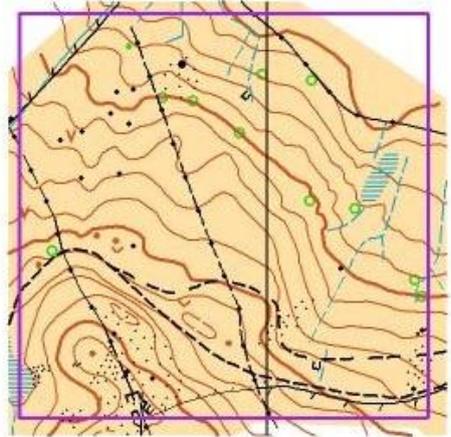


Two the same - Map 7

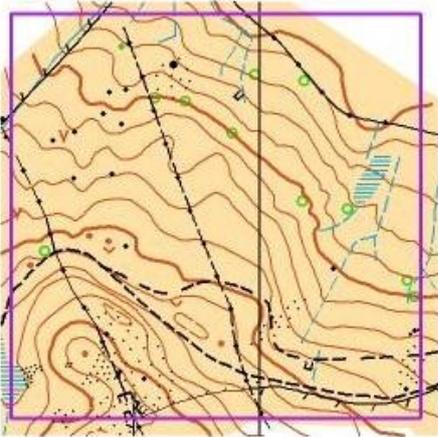
1



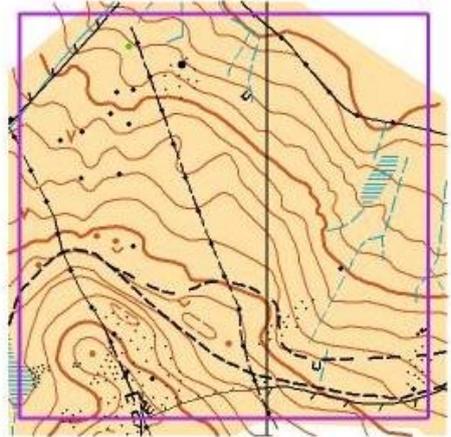
2



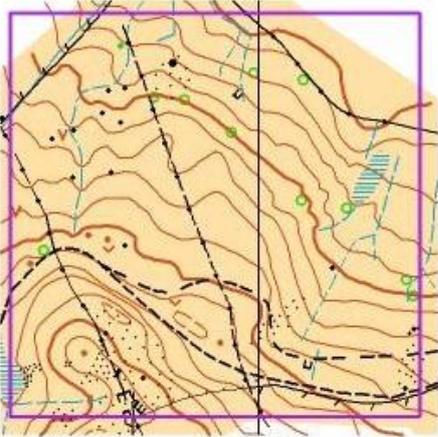
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4



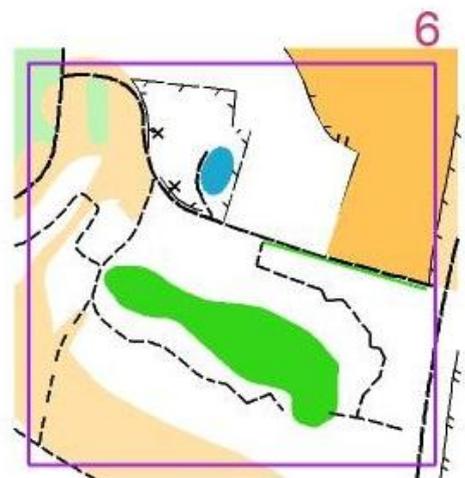
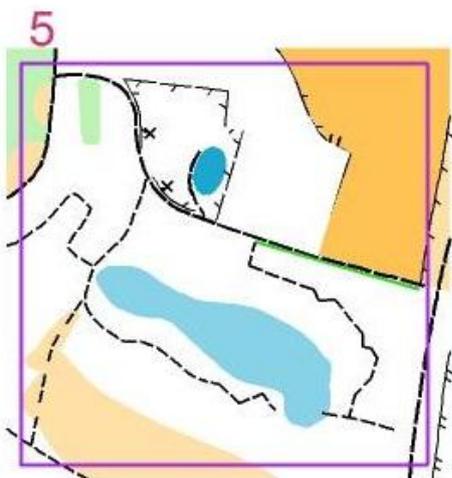
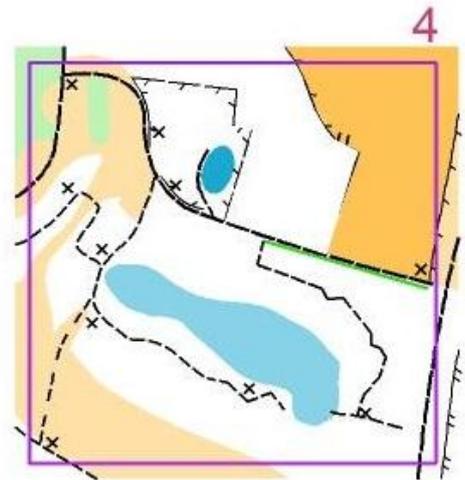
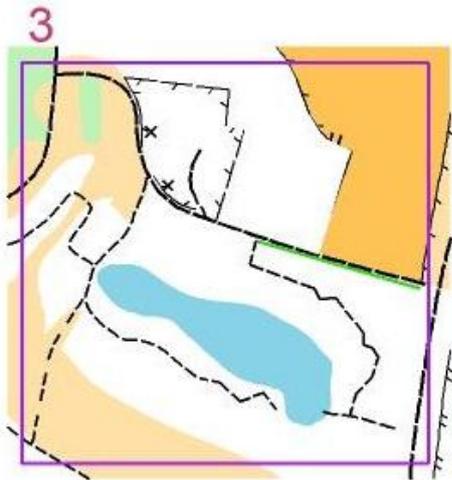
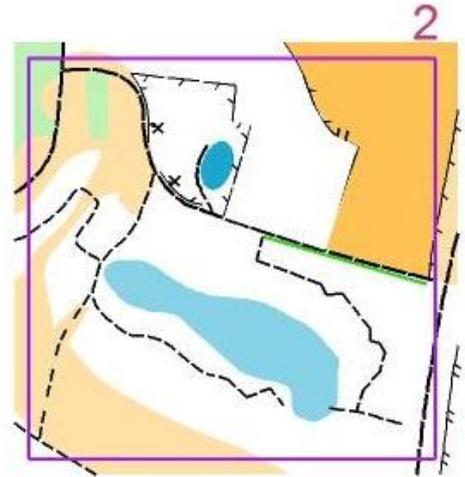
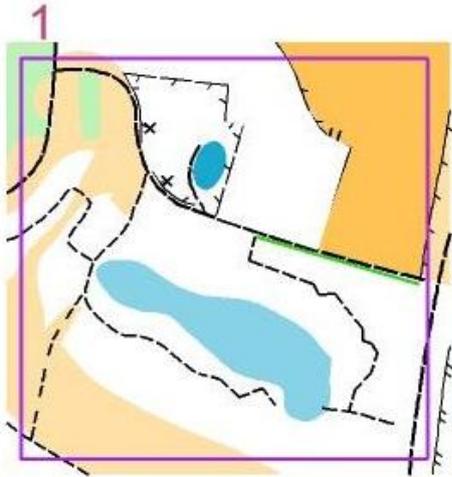
5



6



Two the same - Map 8



Two the same - Map 9

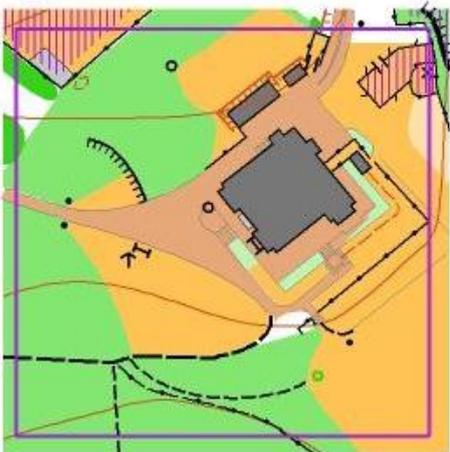
1



2



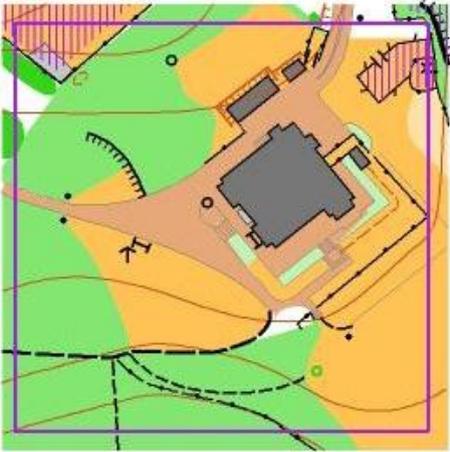
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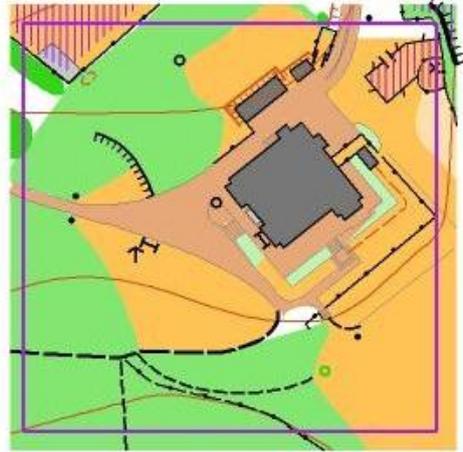
4



5

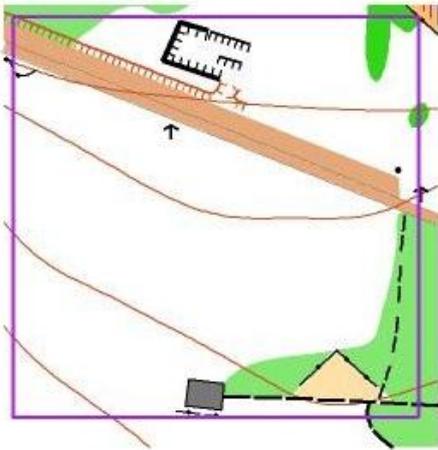


6

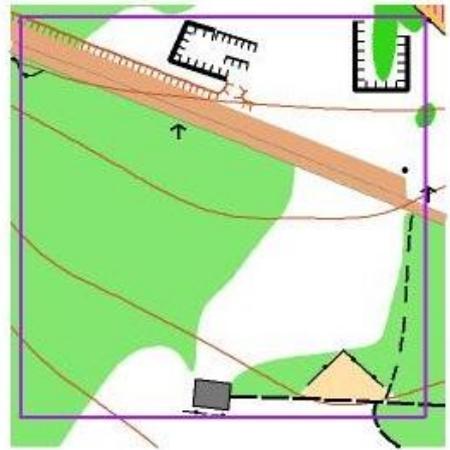


Two the same - Map 10

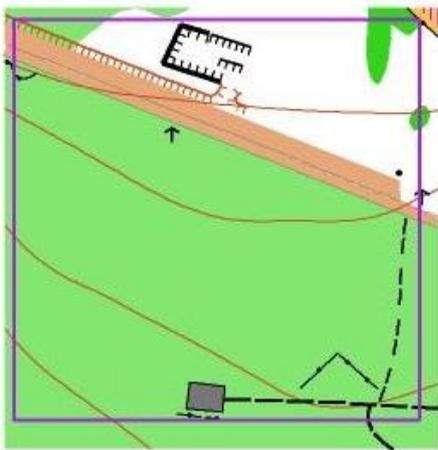
1



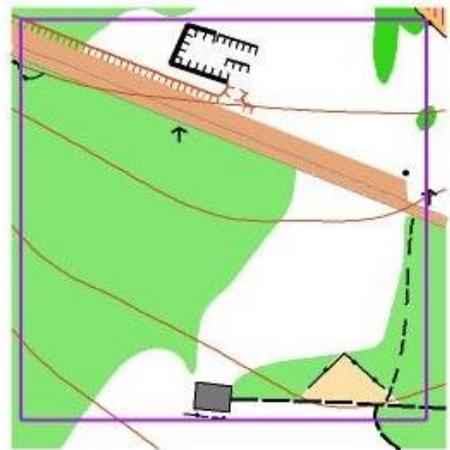
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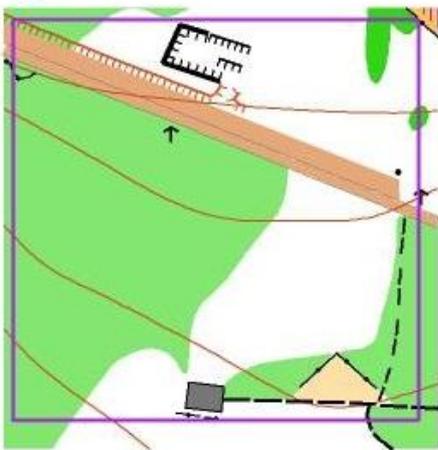
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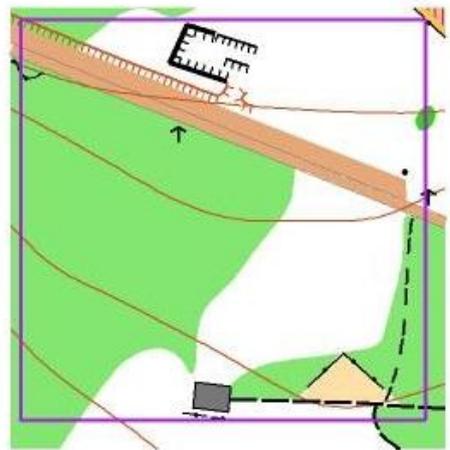
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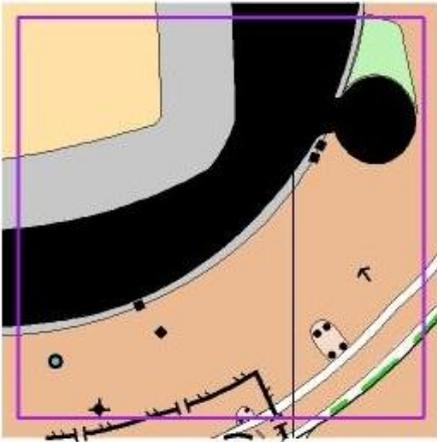


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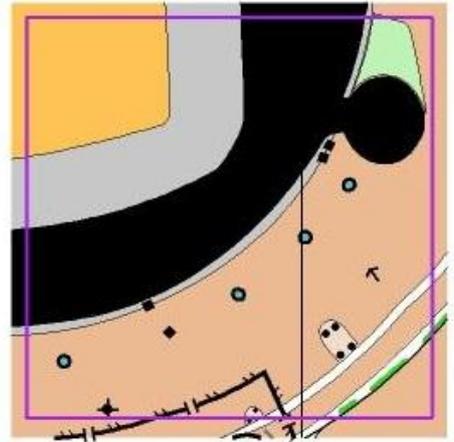


Two the same - Map 11

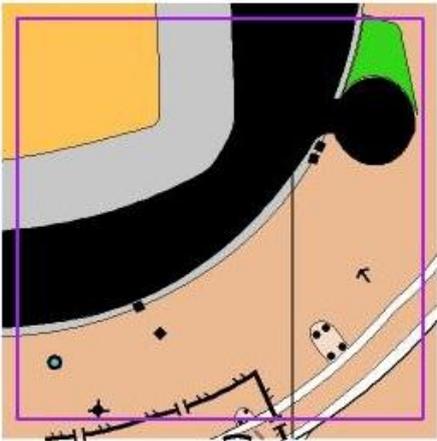
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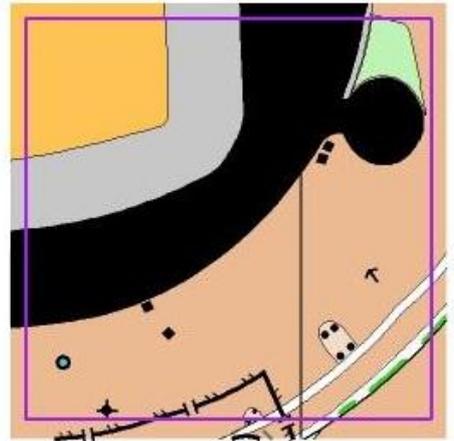
2



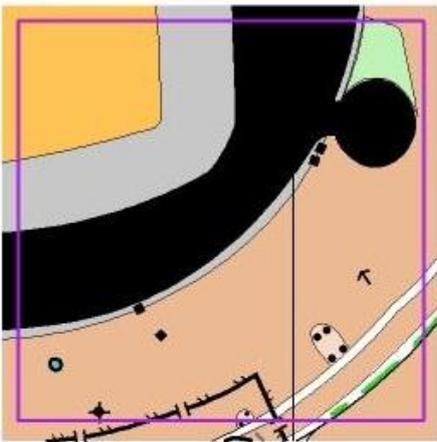
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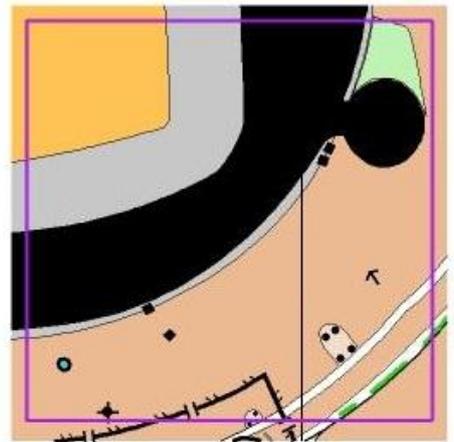
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5

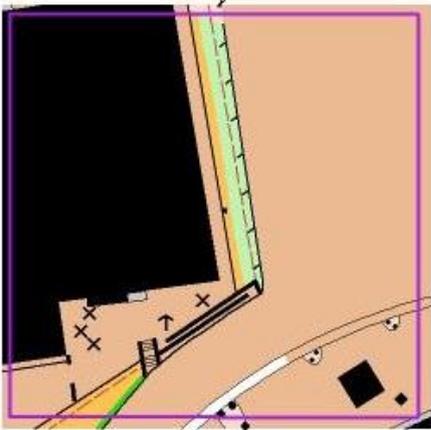


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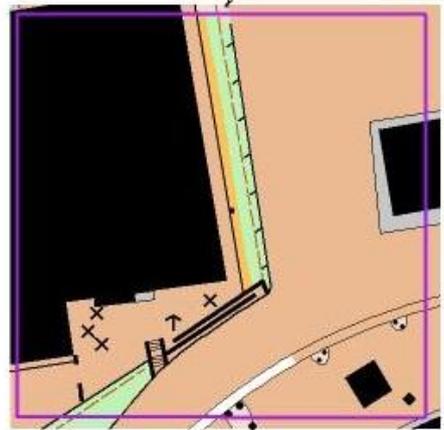


Two the same - Map 12

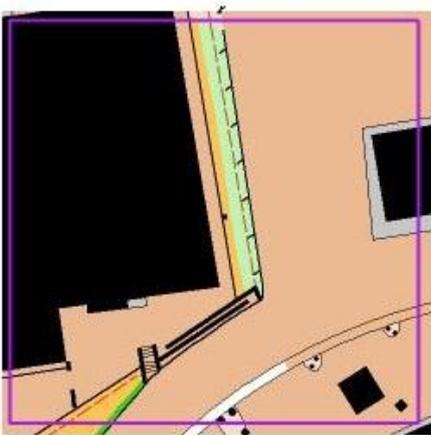
1



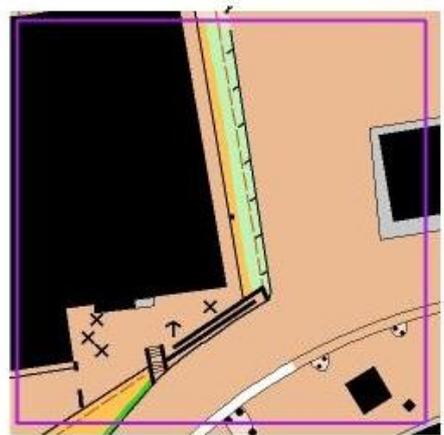
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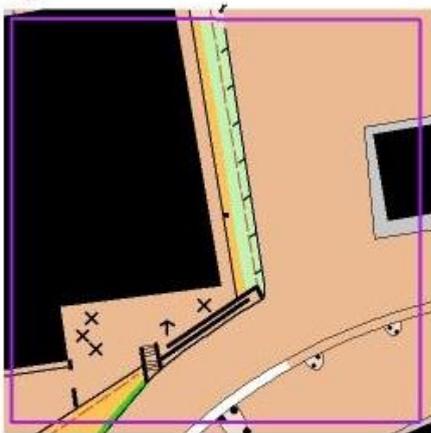
3



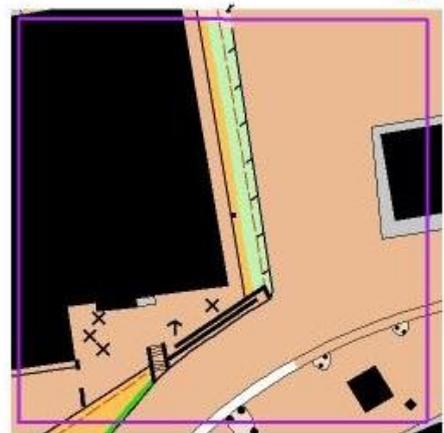
4



5



6



Answer Sheet

Map Number Two the Same

Map 1 =

Map 2 =

Map 3 =

Map 4 =

Map 5 =

Map 6 =

Map 7 =

Map 8 =

Map 9 =

Map 10 =

Map 11 =

Map 12 =

Solutions

Map Number **Two the Same**

Map 1 1 and 3

Map 2 2 and 3

Map 3 2 and 6

Map 4 1 and 4

Map 5 1 and 5

Map 6 4 and 5

Map 7 2 and 3

Map 8 1 and 2

Map 9 3 and 6

Map 10 4 and 5

Map 11 5 and 6

Map 12 4 and 6