



LUNAR RESCUE



PARTICIPANT HANDOUT

FIRST SET OF INSTRUCTIONS FOR CREWMEMBER A

Relay these instructions to crewmember B while you are both at position 1.

1. Two-footed bunny hop forward 3 times
2. Turn to the left and do 3 lunges
3. Turn to the right and do 3 lunges with the opposite leg
4. Face towards position 2 – do 3 bunny hops forward
5. Do 5 jumping jacks
6. Hold a plank for 30 seconds
7. Turn to the left and do 3 squats
8. Turn to the right and do 3 more squats
9. Do 5 jumping jacks
10. Crab walk the rest of the way to position 2

Now crewmember B will give you their first set of instructions.

SECOND SET OF INSTRUCTIONS FOR CREWMEMBER A

Relay these instructions to crewmember B while you are both at position 2.

1. Do 3 squats
2. Do 5 jumping jacks
3. Do 5 push-ups
4. Do 5 sit-ups
5. Hold plank for 30 seconds
6. Do 3 squats
7. Two-footed bunny hop forward 4 times
8. Turn to the left and do 3 lunges
9. Turn to the right and do 3 lunges with the opposite leg
10. Bear crawl the rest of the way to position 3

Now crewmember B will give their second set of instructions.

Once you reach position 3 retrieve your injured crew member and carry them back to position 1 using a chair carry.





LUNAR RESCUE



Crewmember A will give the first set of instructions

FIRST SET OF INSTRUCTIONS FOR CREWMEMBER B

Relay these instructions to crewmember A while you are at position 2 and Crewmember A is still at position 1.

1. Do 5 jumping jacks
2. Two footed bunny hop forward 3 times
3. Do 5 jumping jacks
4. Hold a plank for 30 seconds
5. Do 3 squats
6. Turn to the left and do 3 lunges
7. Turn to the right and do 3 lunges with the opposite leg
8. Face towards position 2 and two-footed bunny hop 5 times
9. Do 5 push-ups
10. Bear crawl the rest of the way to position 2

Now crewmember A will give their second set of instructions.

SECOND SET OF INSTRUCTIONS FOR CREWMEMBER B

Relay these instructions to crewmember B while you are at position 3 and Crewmember A is still at position 2.

1. Do 5 push- ups
2. Turn to the left and do 3 lunges
3. Turn to the right and do 3 lunges with the opposite leg
4. Face towards position 3 and do 3 squats
5. Two-footed bunny hop forward 5 times
6. Two-footed bunny hop backward 3 times
7. Do 5 sit ups
8. Do 5 jumping jacks
9. Do 3 squats
10. Crab walk the rest of the way to position 3

Retrieve your injured crew member and carry them back to position 1 using a chair carry.





LUNAR RESCUE



INSTRUCTIONS FOR CREWMEMBER C

While your fellow crewmembers are on their way to rescue you, perform a series of exercises while you wait. You must complete this list of activities before they can rescue you.

1. Hold plank for 30 seconds
2. Do 5 push-ups
3. Do 5 sit-ups
4. Do 5 squats
5. Hold plank for 15 seconds
6. Do 5 push-ups
7. Do 5 sit-ups
8. Stand on one foot for 30 seconds
9. Stand on the opposite foot for 30 seconds
10. Do 10 jumping jacks
11. Do 5 lunges
12. Do 5 lunges on the opposite leg
13. Hold plank for 15 seconds
14. Do 10 jumping jacks
15. Do 5 squats

When you are finished this list of exercises and your crewmembers have reached you, they will form a chair to carry you safely back to base.

