



NERF SUMMER CAMP

WELCOME TO #NERFSUMMERCAMP

where we're bringing epic NERF games straight to your backyard!

To be the best, you'll have to train like it! So gear up, go outside, and get ready for a one-of-a-kind backyard blast off. Featuring three individual levels, we challenge you to a summer of NERF fun, blasting through your own personal records and enjoying a little friendly competition along the way.

Level 1 will get you BATTLE READY, putting your strength, speed, agility, and aim to the test with NERF Elite 2.0 Shockwave before moving on to blast away the competition at level 2, where you'll go the distance with the Nerf Ultra Five. And what's summer camp without an intense water battle? Cool down the competition in level 3 with the NERF Super Soaker XP100.

**Remember - this summer
IT'S NERF OR NOTHIN'!**



SCORECARD

Level 1 NERF Elite Fitness Test

Competitor Name	Card 1 pts	Card 2 pts	Card 3 pts	Total Level 1 Score

Level 2 NERF Ultra Target Practice

Darts Used	Tower	Double Tower	Pyramid
1	8 pts	10 pts	12 pts
2	6 pts	8 pts	10 pts
3	4 pts	6 pts	8 pts
4+	2 pts	4 pts	6 pts

Competitor Name	Points	Multiplier	Total Level 2 Score

Level 3 NERF Super Soaker Cool Down

Length of Battle	Point Value
5+ minutes	10 pts
4-5 minutes	20 pts
3-4 minutes	30 pts
Under 3 minutes	40 pts



Competitor Name	Total Level 3 Score

Total Score

Competitor Name	Level 1	Level 2	Level 3	Final Score





NERF ELITE FITNESS TEST

Drop and give us 20!

Gear up for #NERFSummerCamp and prove you're battle ready by completing the NERF Elite Circuit Training Course.

The challenge? In between each exercise rep, you must blast your NERF Elite 2.0 Shockwave at the target before moving on.

Let's see if you have what it takes to be part of the NERF elite!

Don't forget to put on your eyewear before you blast!

1

Select 3 circuit cards from the included deck at random – no peeking! Each card illustrates the exercise and corresponding number of reps.

These cards, in any order you wish, become your NERF Elite Circuit Training Course.

2

Set up your target 10 feet away from the location you are performing your exercises.

3

Grab your NERF Elite 2.0 Shockwave blaster and get ready! With 90 seconds on the clock, work through your three exercises and be sure to keep count of how many reps you complete in the given timeframe!

Don't forget to blast between each rep and reload your darts as needed.

Record your scores on the included scorecard. Point values are pre-determined on each circuit card.



Level 1

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CAMP



Level 1



NERF
SUMMER
CAMP

The logo features the word "NERF" in a white, italicized font with a black outline, set within a black oval with a yellow-to-orange gradient. Below it, "SUMMER" is written in a large, bold, white font with a black outline and a yellow-to-orange gradient fill. "CAMP" is written in a smaller, white, stylized font with a black outline. The text is set against a background of a colorful sunburst and a checkered pattern.



BURPEES

4-6 reps: **5pts**

7-9 reps: **10pts**

10+ reps: **20pts**



Down. Up. Blast at Top



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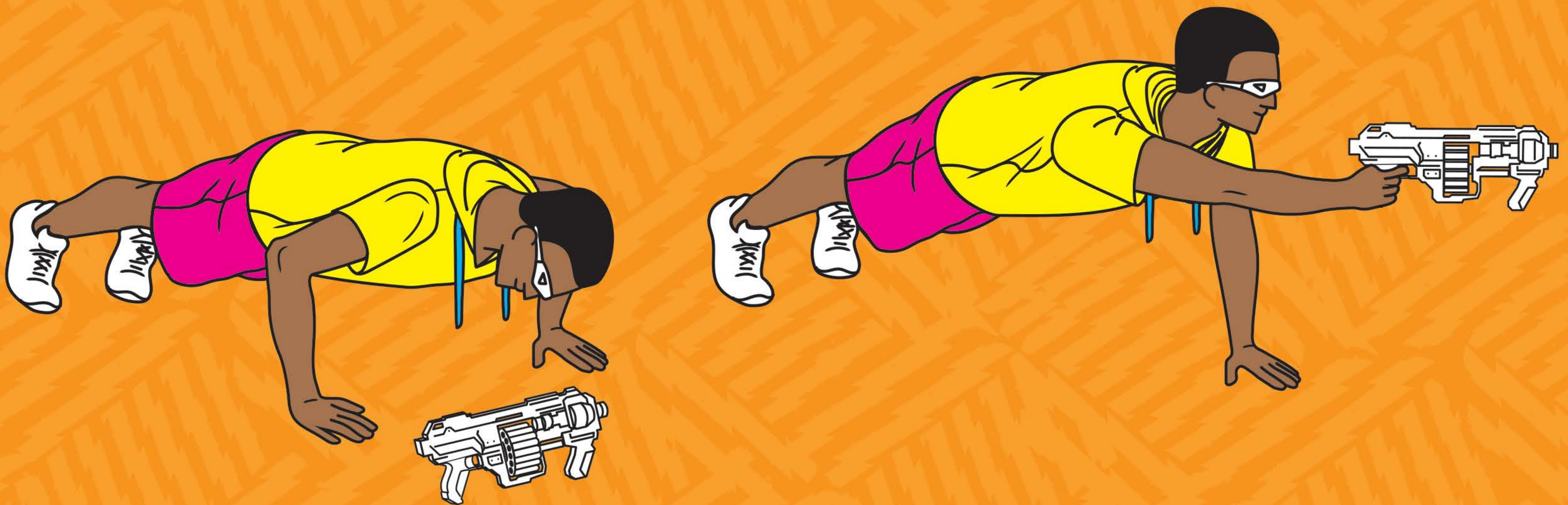


PUSH UPS

5-9 reps: **5 pts**

10-14 reps: **10 pts**

15+ reps: **20 pts**



Push up. Blast at top.



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SQUATS

10-14 reps: **5 pts**

15-20 reps: **10 pts**

21+ reps: **20 pts**



Squat. Stand. Blast.



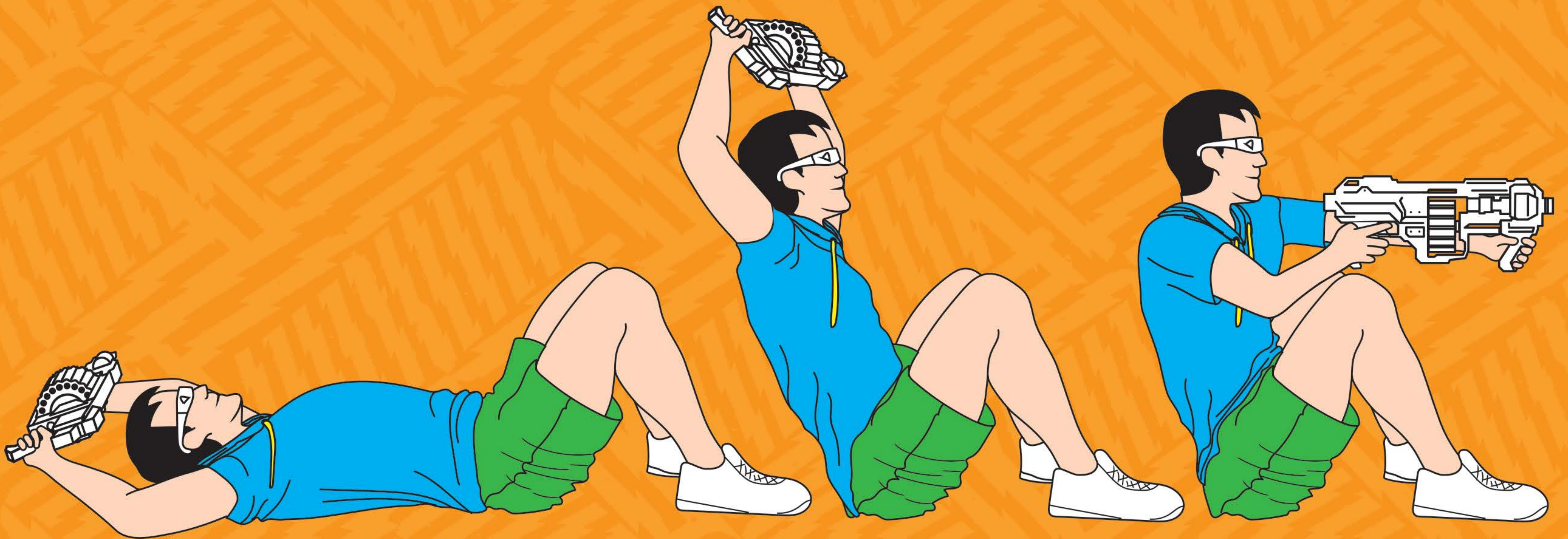


SIT UPS

5-9 rep: **5 pts**

10-20 rep: **10 pts**

21+ reps: **20 pts**



Sit up, pause at top and blast, then down.



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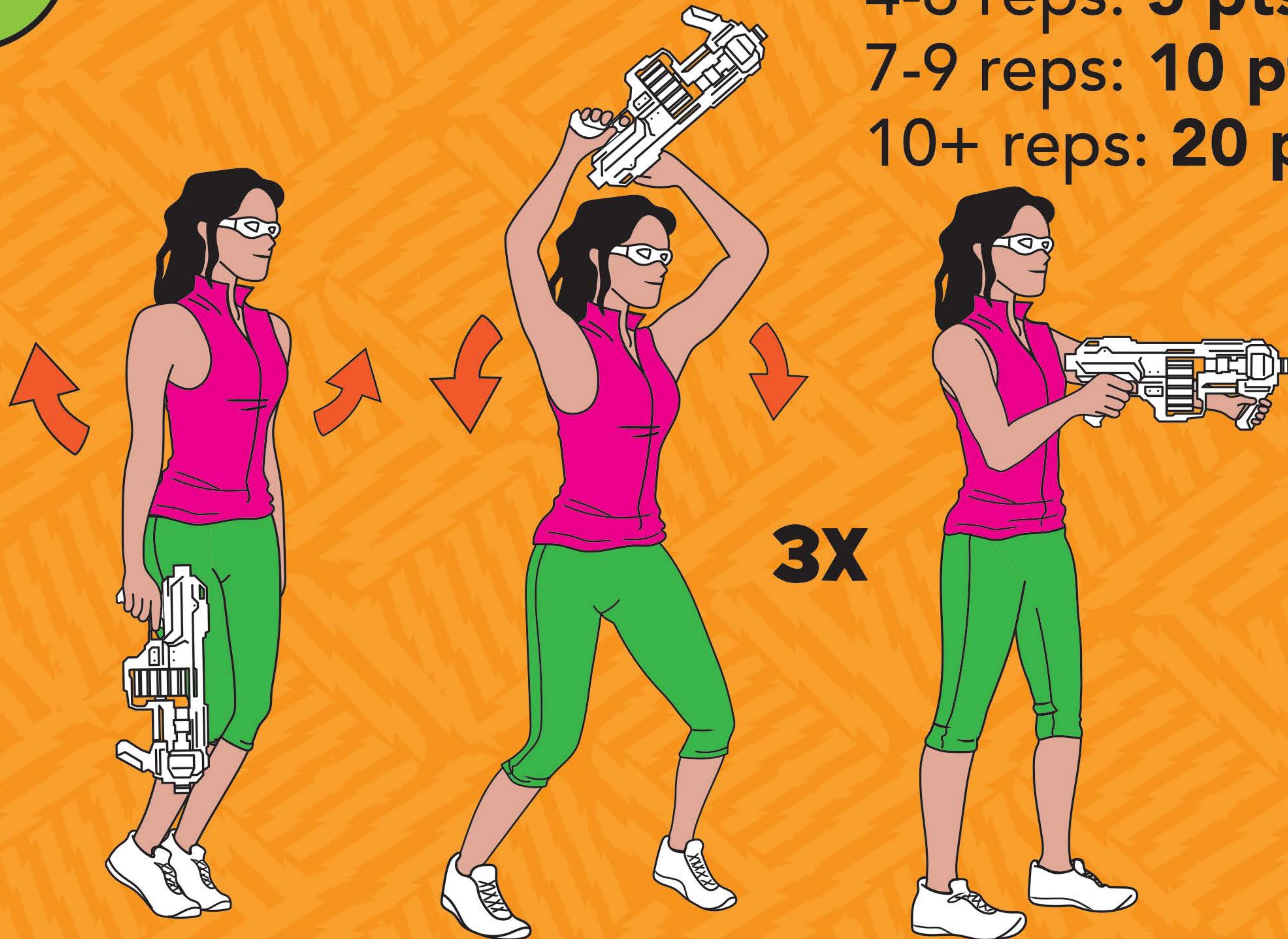


JUMPING JACKS

4-6 reps: 5 pts

7-9 reps: 10 pts

10+ reps: 20 pts

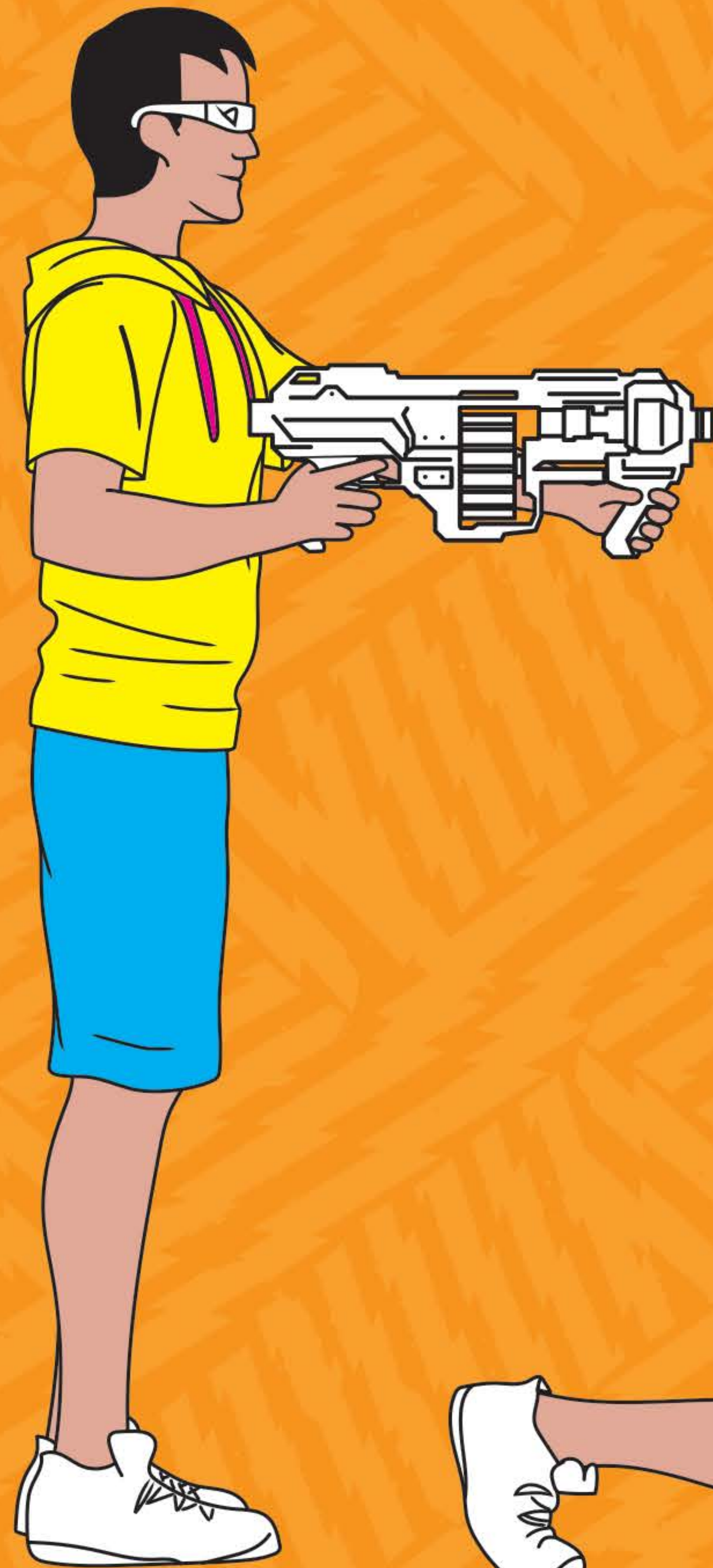


Perform 3 jumping jacks, pause and blast.





ALTERNATING LUNGES



5-9 reps: **5 pts**

10-14 reps: **10 pts**

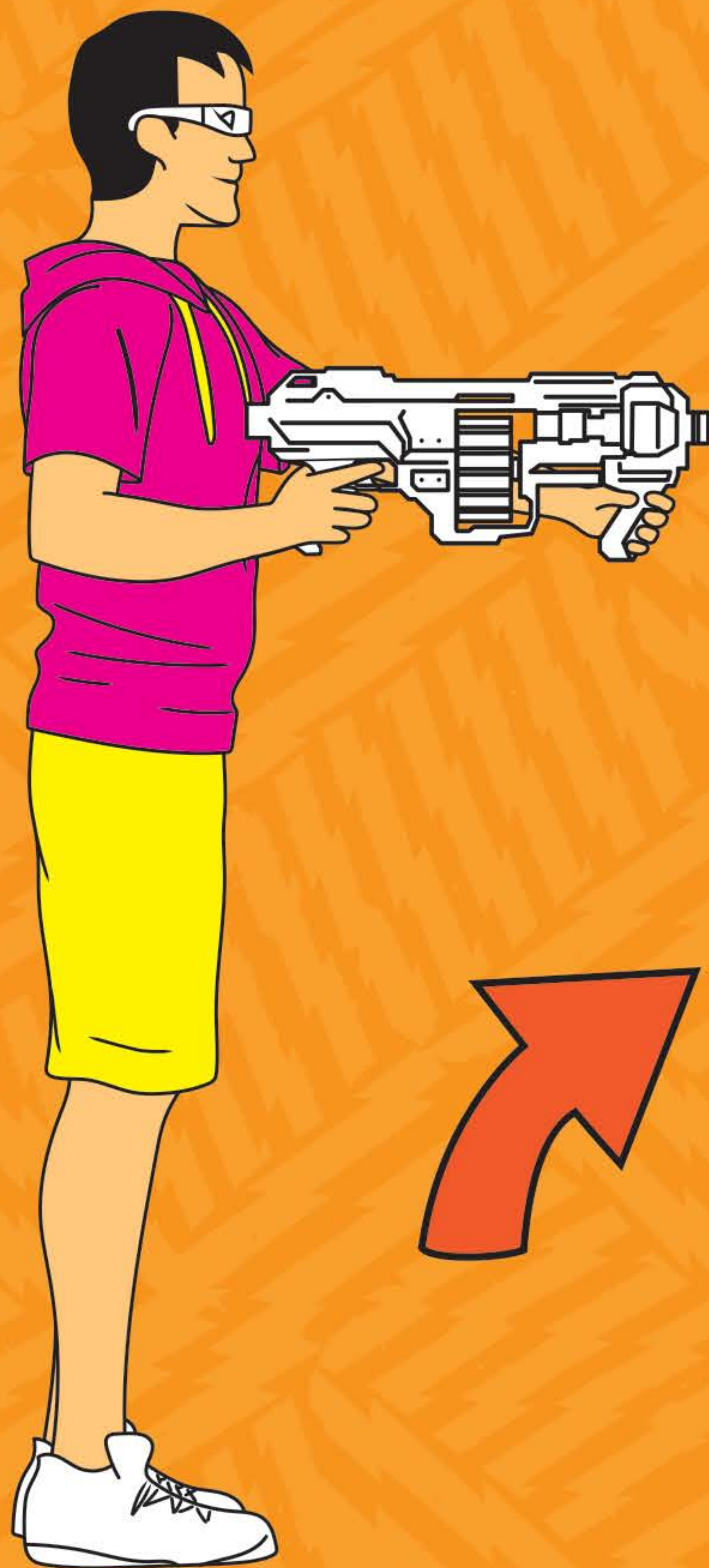
15+ reps: **20 pts**

Lunge forward, blast, stand up.





CONE HOPS



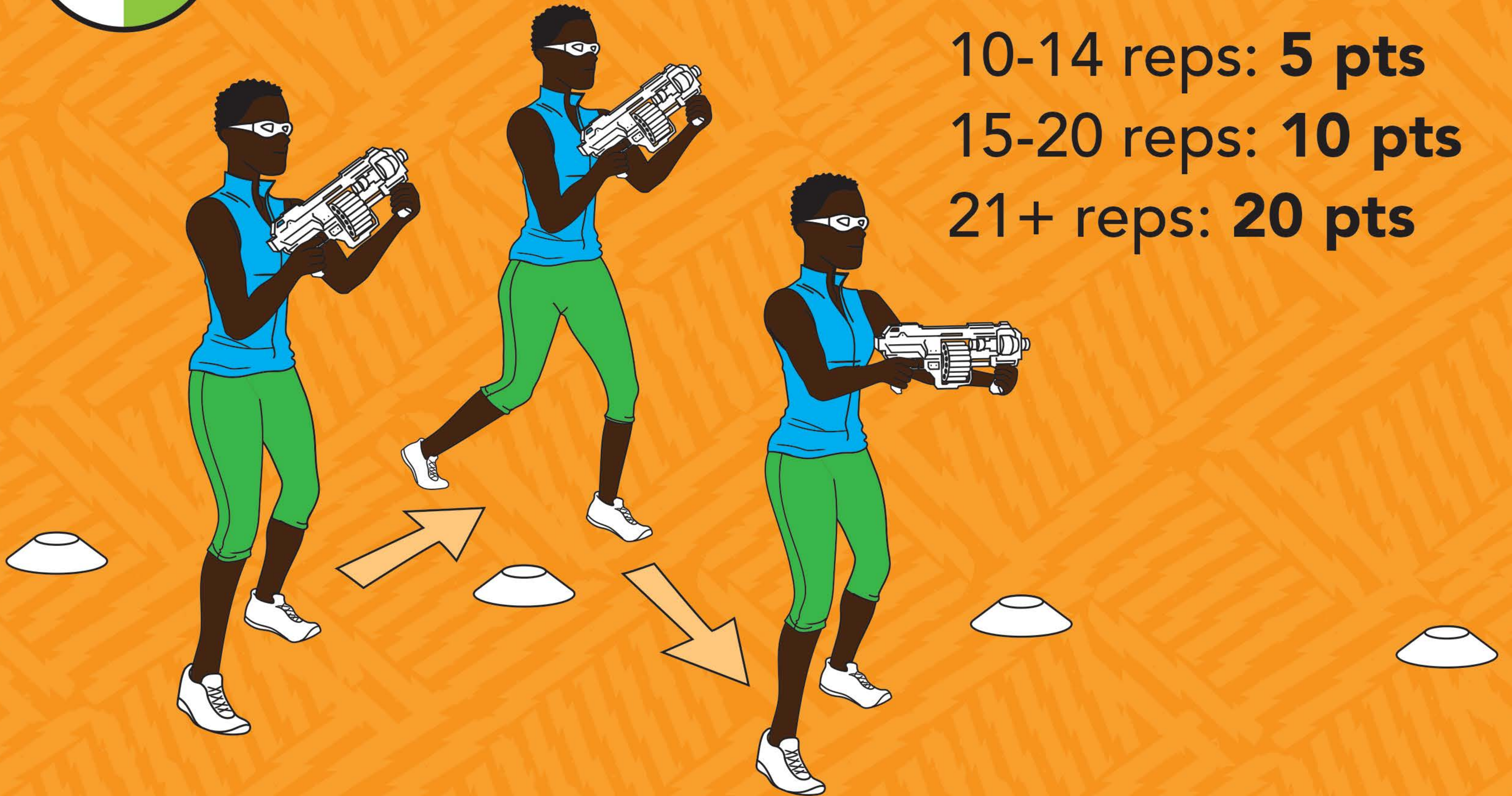
10-14 reps: **5 pts**
15-20 reps: **10 pts**
21+ reps: **20 pts**

Jump forward, jump backward then blast.





ZIG-ZAG CONES



10-14 reps: **5 pts**
15-20 reps: **10 pts**
21+ reps: **20 pts**

Stop and blast at each cone = 1 rep.
Continue until time expires.



Level 2

Ready, Set, Blast!

Put your accuracy to the test with the NERF Ultra Five blaster.

Each team or solo player will battle it out against the clock to knock down different cup stacks at various distances. The less darts it takes, the more points you stack up!



1

Ready

Randomly select one Stack Layout Card to determine which of the three cup layouts to use: Tower, Double Tower, or Pyramid. Stack your cups accordingly.

2

Set

Randomly select one Distance Card to determine the distance you must stand from the cups before aiming, ranging from 10 to 30 feet.

The farther the distance, the more points you can earn!

3

Blast

You've got 60 seconds to knock down your stack in as few darts as possible!



Record your scores on the included scorecard.

Level 2

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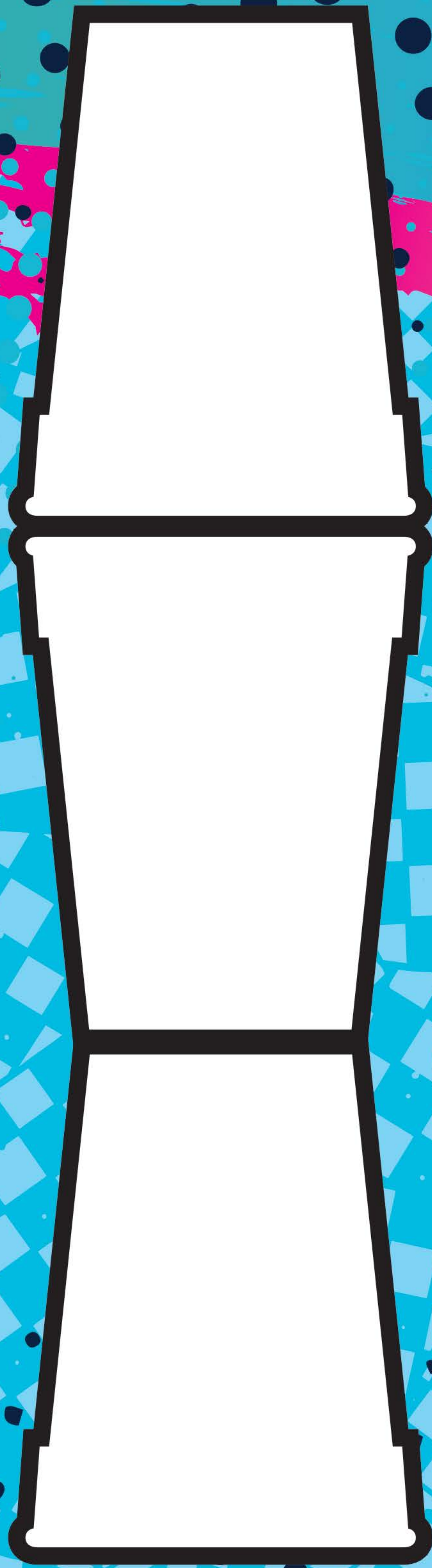


Level 2

Stack Layout Card
(select one)

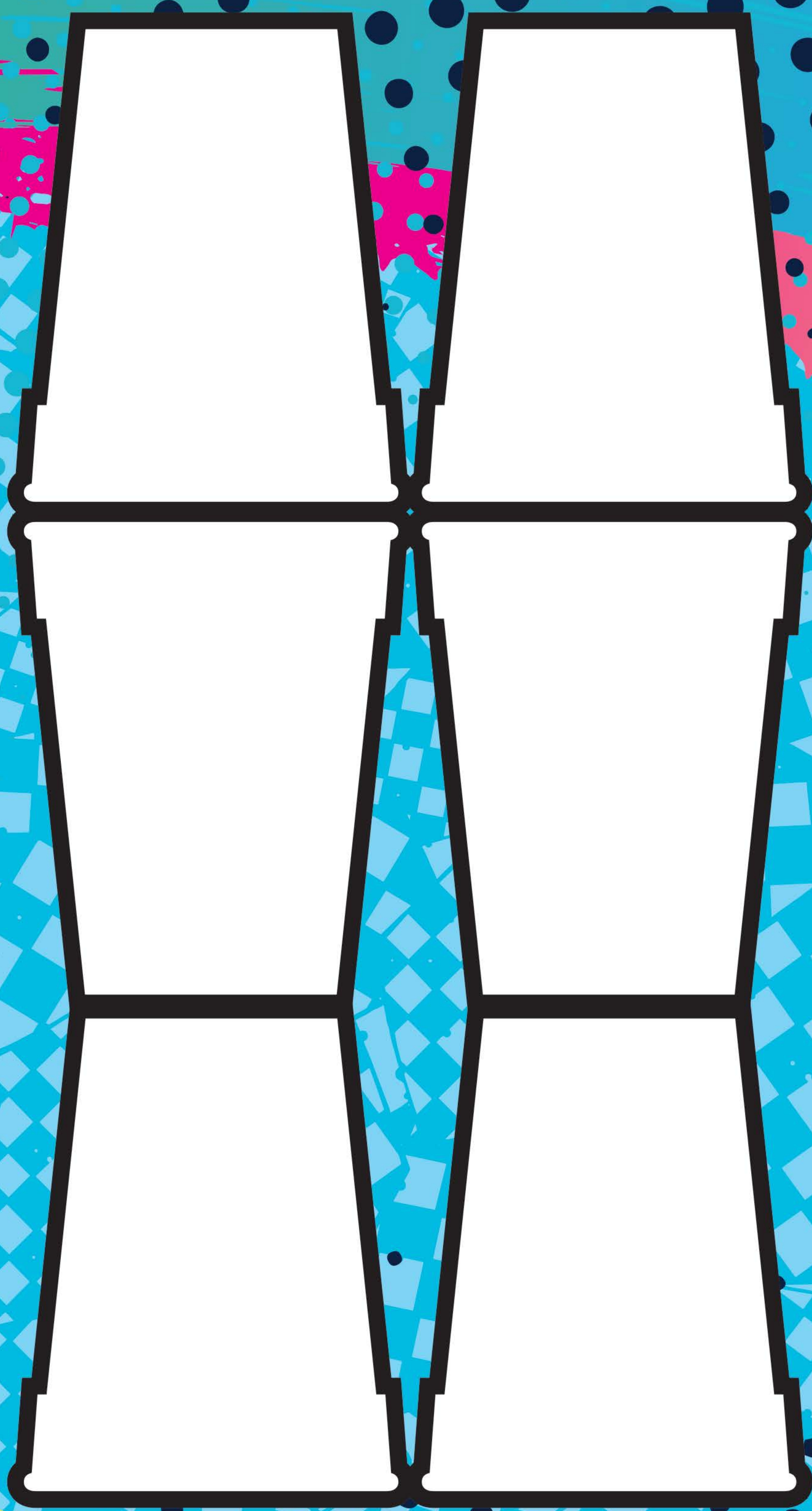
NERF
SUMMER
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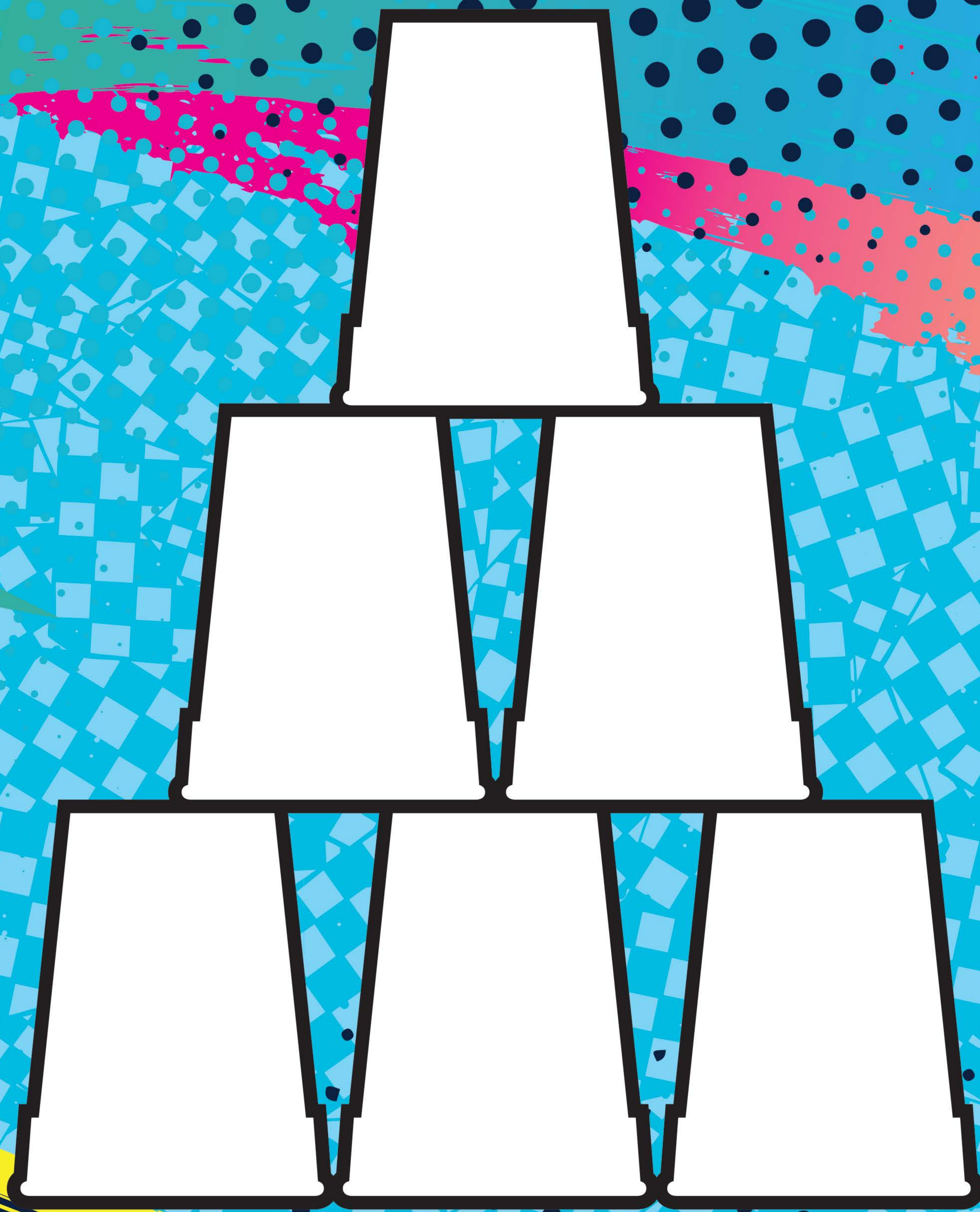
Tower





Double Tower





Pyramid



Level 2

Distance Card
(select one)

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30

Feet

3X

Multiplier



200

Feet

2X
Multiplier



10

Feet

1X

Multiplier



NERF SUPER SOAKER COOL DOWN

Level 3

After a heated battle,

it's time to cool down with the NERF Super Soaker XP100!

The first to completely soak their opponent wins!

Be fast to blast, because point values will decrease as battle time goes on.

1

Fill up your Super Soaker XP100 and get into your battle starting positions

2

Have an epic Super Soaker battle!

3

Race against the clock as you aim to soak your opponent. Level 3 ends once someone is completely soaked!

On a solo mission?

Use the cups from Level 2 to practice your water aim as you race against the clock to fill each cup.

Record your scores on the included scorecard.

Level 3



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