

## 7. Football.

In this event you have to dribble a ball around four cones and then try to score a goal. You have three goes at this, but you only have two minutes in which to do it.

To increase speed push the joystick forward or press the (↑) key.

To decrease speed push the joystick backwards or press the (↓) key.

To rotate in an anticlockwise or clockwise direction, move the joystick left or right or press the (←) or (→) key. When in front of the goal, aim using the joystick or (←) or (→) keys.

## 8. Cycling.

Change gear using the fire button or space key.



## INTRODUCTION

The object of this game is to challenge and try to beat Brian Jacks in a series of eight physically demanding events. These events have been chosen by Brian to test not only the competitor's strength and stamina, but also their skill and co-ordination.

The instructions have been kept to a minimum. Most of the strategy involved is for you to discover.

### AMSTRAD (Joystick or keyboard)

**IMPORTANT:** Unless stated otherwise, the power in each event is increased by *either* moving the joystick from side to side or by tapping the (Z) and (/) keys alternately.

### 1. Canoeing

Correct lane drift by holding stroke longer on one side.

### 2. Arm dips.

Use the fire button or space key to change the direction of movement.

You have to do as many arm dips as you can in 60 seconds. An arm dip will not be counted if either your shoulder does not reach the judge's fist or your arms do not fully straighten again.

### 3. Squat thrusts.

Moving the joystick left or tapping the (Z) key will move you in one direction only and similarly moving the joystick right or tapping the (\) key will move you in the opposite direction.

You have to do as many squat thrusts as you can in 60 seconds. A squat thrust will not be counted if either your knees do not come up to your elbows or your feet do not cross the line.

### 4. Swimming.

Every so often you have to breathe. To achieve this simply press the fire button or space key at the right moment. Failure to breathe correctly, when your head is under water for example, will have an unfortunate effect on your swimming ability.

### 5. Archery.

Move the joystick or press the (Z) or (\) key to set the wind.

Press and hold down the fire button or space key to start raising the angle of elevation and release to fire the bolt.

### 6. 100 metres.

### 7. Football.

In this event you have to dribble a ball around four cones and then try to score a goal. You have three goes at this, but you only have two minutes in which to do it.

To increase speed push the joystick forward or press the (Q) key.

To decrease speed push the joystick backwards or press the (A) key.

To rotate in an anticlockwise or clockwise direction, move the joystick left or right or press the (Z) or (\) key. When in front of the goal, aim using the joystick or (Z) or (\) keys.

### 8. Cycling.

Change gear using the fire button or space key.

### MSX (Joystick or keyboard)

IMPORTANT: Unless stated otherwise, the power in each event is increased by *either* moving the joystick from side to side or tapping the (←) and (→) keys alternately.

### 1. Canoeing

Correct lane drift by holding stroke longer on one side.

### 2. Arm dips.

Use the fire button or space key to change the direction of movement.

You have to do as many arm dips as you can in 60 seconds. An arm dip will not be counted if either your shoulder does not reach the judge's fist or your arms do not fully straighten again.

### 3. Squat thrusts.

Moving the joystick left or tapping the (←) key will move you in one direction only and similarly moving the joystick right or tapping the (→) key will move you in the opposite direction.

You have to do as many squat thrusts as you can in 60 seconds. A squat thrust will not be counted if either your knees do not come up to your elbows or your feet do not cross the line.

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### 5. Archery.

Move the joystick or press the (←) or (→) key to set the wind.

Press the fire button or space key to start raising the angle of elevation then press again to fire the bolt.

### 6. 100 metres.