



<p>Mention at least two methods that can be used to increase the body capacity instead of using doping substances</p>	<p>Charades: Without saying a word, show your colleagues the phrase FAIR PLAY</p>	<p>Mention the sport in which players are extremely vulnerable to the use of doping substances</p>
<p>Do 10 push-ups</p>	<p>PLANK position: endure in this position one minute</p> 	<p>Charades: Without saying a word, show your colleagues the word DIET</p>
<p>Do 20 sit-ups</p>	<p>In the slope touch the knees with your head, keeping your legs straight</p>	<p>Charades: Without saying a word, show your colleagues the phrase STRENGTH TRAINING</p>



<p>Make 10 steps while holding your ankles</p>	<p>Do the exercise shown on the picture below</p> 	<p>In the slope, with straight legs, put your hands on the floor</p>
<p>Charades: Without saying a word, show your colleagues the word CHEATER</p>	<p>Calculate <math>3+3 \times 3=</math></p>	<p>Calculate <math>4+4:4=</math></p>
<p>Mention two countries beginning with the letter D</p>	<p>Mention a country beginning with each letter of the word DOPING</p>	<p>Mention a country beginning with each letter of the word WADA</p>



<p>Perform 20 slopes while sitting, i.e. abdominal exercises</p>	<p>Charades: Without saying a word, show your colleagues the word CONTROL</p>	<p>In three dice throws, throw a minimum of a total of 13 points</p>
<p>You have five dice throws, throw the "six" at least once</p>	<p>Mention 5 sports within 10 seconds in which players use the ball</p>	<p>Mention 5 athletics competition within 10 seconds</p>
<p>Mention 4 water sports within 10 seconds</p>	<p>Mention 3 hormones within 10 seconds</p>	<p>Roll the dice with more points than your colleague sitting on your left. In case of a tie you lose</p>



<p>Roll the dice with more points than your colleague sitting on your right. In case of a tie you lose</p>	<p>Ask a friend sitting on your left for his date of birth. If you were born earlier, you win</p>	<p>Place your palm on the palm of your friend sitting on your right. The one who has longer index finger wins</p>
<p>Ask a friend who is sitting on your right for his shoe number. If you have a SMALLER size you win. In case of a tie you lose</p>	<p>Hand wrestling with the player on your left. Stronger wins</p>	<p>Hand wrestling with the player on your right. Stronger wins</p>
<p>Ask a friend sitting on your left for his height. If you are SHORTER, you win</p>	<p>Play with a colleague on your left in the rock-paper-scissors game. Play until you determine the winner</p>	<p>Play with a colleague on your right in the rock-paper-scissors game. Play until you determine the winner</p>





<p>Place your palm on the palm of your friend sitting on your left. The one who has a SHORTER index finger wins</p>	<p>Ask a friend sitting on your left for his date of birth. If you were born later, you win</p>	<p>Duel with a colleague on your left: roll your dice twice. The higher the sum of the points from the two throws wins</p>
<p>Duel with a colleague on your left: roll your dice twice. The LOWER the sum of the points from the two throws wins</p>	<p>Ask a colleague sitting on your left for the number of siblings he has. If you have more siblings you win</p>	<p>Ask a colleague sitting on your left for the number of siblings he has. If you have FEWER siblings you win</p>
<p>Take a colleague sitting to your right. Stand next to the wall so that both heels touch the wall. Throw one leg forward as you would like to make a step. The player who reaches further with the leg wins</p>	<p>Take a colleague sitting on your left. Do the PLANK position. Player who lasts longer wins</p>	<p>Take a colleague sitting on your left. Face each other on one leg, grab each others' left hand and try to get your partner out of balance. The person who first touches the ground with the other leg loses</p>



<p>Ask a colleague sitting on your left for the day and month of his birth. Sum up all the digits. Compare the result with your date. If you have obtained a higher number you win</p>	<p>Ask a colleague sitting on your left for the day and month of his birth. Sum up all the digits. Compare the result with your date. If you have obtained a LOWER number you win</p>	<p>Duel with a colleague on your left. Write down your full name on the paper. Sum up the number of all letters. If you have obtained a higher number you win</p>
<p>Duel with a colleague on your left. Write down your full name on the paper. Sum up the number of all letters. If you have obtained a LOWER number you win</p>	<p>Ask your colleague who is sitting on your left for the street name he lives on. Count syllables. If you live on a street which name has more syllables you win. In the case of the same number of syllables, you lose</p>	<p>Duel with a colleague on your right. Write down your full name on the paper. Sum up the number of all letters. If you have obtained a higher number you win</p>

