This game is based on 2 or more groups of people playing. Each group is assigned a colour. The object of the game is to compete 1v1 or 2v2 depending on the number of FITLIGHTS™. Each player has their own colour and as the user hits their FITLIGHT™, a red FITLIGHT™ is triggered on the opponents’ side.

The opponent is required to deactivate the red FITLIGHT™, at the same time trying to activate a red FITLIGHT™ on their opponents’ side.

As the red FITLIGHTS™ are missed, the players are assigned a point depending on who misses the red FITLIGHT™.

The first to score 25 points wins and the game stops and the winner's FITLIGHTS™ will activate indicating the winner.

The game is best played within a grid.

Depending on the number of FITLIGHTS™ assigned the system automatically divides the FITLIGHTS™ equally.