

A Jumpchain CYOA by WoL_Anon

Ver. 1.0

Welcome to the world of Ring Fit Adventure! Do you enjoy exercise, Jumper? Looking to get fit? Well, this may be the perfect place to do it, as this world has an extreme focus on such things.

You arrive in this world just after Dragaux has been released and flies away. You will be staying here for the next ten years.

You have 1000 choice points (cp) to spend.

-Age and Gender-

You may choose any age you would like for free, as long as it makes sense and does not provide you with any additional advantages you have not purchased.

Your gender remains the same, but you can pay 50cp to change it if you wish.

-Species-

You have three options to choose from here. Post-jump, any species you choose here will be considered an alt-form, which you can switch to and from at will.

[Free] Human

An ordinary human. Nothing more needs to be said.

[300cp] Ring

You are a strange, ring-shaped creature. At the top of the ring sits your head, from which you can see and speak. You are able to hover in the air, though it is not true flight, and can move around about as fast as a human. You don't appear to age, allowing you to live indefinitely unless you are destroyed.

Your unusual form prevents you from utilising human-centric exercise, and as a consequence, severely limits the Fit Skills you can perform. In exchange, your form offers a large variety of abilities that can assist others.

Your body is designed to be stretched and squeezed, so doing so causes you no pain. As long as a person is not actively trying to harm you, they will never accidentally damage you via this stretching and squeezing, and you will be able to provide appropriate resistance to people of any strength.

By placing their hand over your head, you are able to read a person's pulse. When being stretched out, you can choose to create a minor vacuum effect that can suck nearby coins and ingredients towards the person stretching you. When being squeezed, you can fire off an air bullet. These bullets are surprisingly powerful, even able to break down large boulders with successive shots on target. By shooting downwards, you can propel a human upwards as a short jump. This can even be done again in the air for additional height – the extra height is referred to as the Jump Boost ability.

You have two other traversal abilities. Your River Rowing ability allows you to summon a canoe and paddles close to yourself. Your Wing ability allows you to summon a pair of wings which flap when you are squeezed and can easily support a human. Both abilities are entirely dependent on another person operating you.

Finally, you are able to 'synchronise' with others. In order to do so, you first must take the pulse of the person with this form's ability. Then, as they exercise whilst in close proximity to you, their ability to use and develop Fit Skills will greatly improve. This synchronisation is indicated by that person's hair and part of the body they are working out taking on a (completely safe) flame effect as they exercise in your vicinity. You can only maintain a single synchronisation at a time, but it is easy for you to cancel a link, or switch between linking targets, once you have first connected with them. A person who has fallen out of sync with you does not lose anything they have already developed; they just return to their usual growth.

[300cp] Dragon

Like Dragaux, you are a surprisingly humanoid dragon. Your hands only possess four fingers instead of three, and end in sharp claws. You have a wide mouth with sharp teeth, which you can breathe weak fireballs from at a fairly fast pace. A pair of curved horns sit atop your head.

You are significantly larger than humans; this extra size affords immense strength, allowing you to pick up and throw large boulders. You also have a pair of wings, which enable flight.

Your humanoid shape means that most fitness exercises applicable to humans can also be used by you, so there's no reason not to get some training in!

-Background-

You must choose one of the two Origins in this section. Each one qualifies you for different discounts. You may design a background in this world, based on your Origin and what you purchase here, provided it makes sense and does not provide you with advantages not granted by purchases you have made. Alternatively, you may choose to take your Origin as a Drop-In, with no memories or history in this world.

Hero

You are one of the good guys, whether that means fighting against Dragaux directly, or simply spreading the good word of health and fitness.

Villain

Have you been swayed to Dragaux's cause? Perhaps you have your own designs on this world? Whatever the case, you probably aren't too happy with the Ring Fit Trainee.

-Location-

Roll 1d8, or pay 50cp to choose.

[1] In the First Place - Outside Beginnia

An open grassy area. Ring and the Ring Fit Trainee can be found here, before they start their adventure in earnest.

[2] In the First Place - Dragaux Stadium

Prior to his descent into evil, Dragaux and Ring constructed many stadiums around the world, in order to promote fitness. This one will be the first that the Ring Fit Trainee battles Dragaux at, should events proceed as expected.

[3] The Land of Night – Entrance

As the name suggests, this is a land that is eternally night time. Monsters are fairly active, and will likely begin attacking the nearby townspeople if nothing is done about it.

[4] The Land of Night – Dragaux Stadium

Another Dragaux Stadium, this one located in the Land of Night. Should events proceed as normal, it is here that Dragaux will be forced to relinquish Ring's Colour Coding power.

[5] The Nation of Sporta – Entrance

This nation will soon come under the attack of Dragaux, should events proceed as normal. A Dragaux Stadium is not too far away, if you can somehow cross the river first.

[6] Quizton – Entrance

A strange land where everything revolves around quizzes. I hope you've brushed up on your fitness trivia!

[7] Land of Hades – Entrance

Oh dear, you've arrived in the afterlife. You aren't dead yet, but if you want to leave, you'll need to fight your way past a powerful monster said to keep souls from returning to the mortal world.

[8] Free Choice

Lucky you! You may choose to begin in any of the above seven locations, or any other location found in Ring Fit Adventure, for free.

-Perks-

Discounted perks are 50% off, with discounted 100cp perks being free.

Hero Perks

[100cp, Free for Heroes] Posture Presentation

You are now able to envision a person in your mind's eye. This person is able to demonstrate any of the exercises found in Ring Fit Adventure at your discretion. By correctly copying this person as they move, you will be able to maintain proper posture for these exercises. Doing so will help you get more out of your exercise, as well as use Fit Skills more effectively, so keep it in mind.

Should you learn additional exercises or poses, the figure will also be able to demonstrate these for you. These extra displays are derived from your own knowledge, and may not always be the most effective way of moving, so exercise caution in using the mental figure in these cases.

[100cp, Free for Heroes] Trivia Fit

You have acquired a wealth of knowledge relating to health and fitness. This includes the names of muscles in the human body, which fruits and vegetables are good sources of specific vitamins, awareness of various fitness exercises, and more. This knowledge is based on that which is

commonly accepted on a modern Earth, and though it is human-centric, you have a good intuition for how it can be applied to other species as well.

[200cp, Discounted for Heroes] Smoothie Storage

The smoothies in these parts may be useful, but lugging them around presents a number of problems. Thanks to this, you won't have to worry about such things.

You now have access to a personal pocket dimension, which is has internal space comparable to that of a large fridge. You can send any items on your person to this space, and retrieve them as desired. You cannot store living beings inside this space.

Perishables will not spoil whilst inside this space, and items stored will be kept at an ideal temperature. This makes this space well-suited for storing smoothies, as well as any ingredients you might pick up on your journeys.

[200cp, Discounted for Heroes] Colour Coding

With this perk, you will find that your Fit Skills are half again as effective when used on enemies whose dominant colour matches that of the skill. This comes up more frequently than one might initially assume.

The dominant colour of an enemy is determined by what is visible to an observer. Clothing colour does factor into this determination.

Post-jump, any other powers or techniques you possess that are clearly coloured will also be half again as effective when used on similarly-coloured opponents.

[400cp, Discounted for Heroes] Follow-up Fitness

Your attacking Fit Skills have a special quality to them, that causes them to occasionally stun an opponent hit by it. When this occurs, you may choose to perform a special attack or to take advantage of the time in a different way.

Should you choose the special attack, you will be able to perform a Fit Skill of the same colour as the one that caused the stun, that works by rushing as many of the same quick exercise as you can within a short time frame, peppering the opponent with weaker attacks. During this attack, other opponents will find themselves unable to interrupt you, so just focus on going all out.

[400cp, Discounted for Heroes] Smoothiecraft

An interesting power, that allows you to create special drinks which bestow interesting effects on an imbiber.

Using this power, you can pull the ingredients into a floating orb, then compress, which causes liquid to pour out the bottom of the orb like you were squeezing juice out of a fruit. You can also, somehow, produce these special drinks using ordinary equipment such as a blender.

The effects of the drinks depend on the ingredients used. Some heal the drinker, others temporarily improve the power of particular colour of Fit Skill, or cause all of the drinker's Fit Skills to be treated as a particular colour. Some kinds even prevent the drinker from falling into unconsciousness.

The power allows you to make any of the drinks that could be made in Ring Fit Adventure, but you will need to discover the recipes for these drinks on your own, whether by searching this world or by experimenting with ingredients you find. To start with, you know that you can make a weak healing effect by solely using spinach. In future worlds, you may even discover new drinks using ingredients not found here, though these drinks will never exceed the scope of those found in Ring Fit Adventure.

[600cp, Discounted for Heroes] A Strong Heart

A healthy body is an important pursuit, just as vital is a healthy spirit. Fortunately, you have that in spades!

Powers or techniques that work by targeting a weakness of your "heart" or character will automatically fail. Of course, dealing with these weaknesses in the first place is much easier for you than most, as you learned how to assess yourself in a healthy manner, recognising insecurities or other issues that would distort this assessment for what they are.

You can assist others who suffer from these weaknesses of the heart as well, by challenging them when they are at their worst. You will have an easier time doing this when it comes to those you have an established relationship with, but can even help a stranger if you confront them enough times. In either case, the more prevalent or ingrained the issues, the longer it will take you. Hopefully you can put up with them in the meantime.

In a world where these weaknesses open one up to a dark influence, these talents will surely prove useful.

[600cp, Discounted for Heroes] Safety Seal

A special technique, best saved as a last resort.

Using this technique, you are able to pull another being into you, sealing them inside your body. While the seal allows you to hold those a great deal stronger than yourself, it does have its limits, so if the trapped person is many times more powerful, they will be able to escape.

There are a number of drawbacks to this seal. First, sealing someone in this way renders you immobile and unable to speak. Somewhere on your body is some kind of lock or strap that, if broken, will free the trapped being. Even though you cannot speak, the trapped being will be able to speak from inside your body, and may be able to trick or convince others into breaking the lock.

While the trapped being cannot use any special powers whilst sealed inside you, they may still be able to undergo mental and spiritual training. If this lets them become powerful enough, they will be able to break free on their own.

You may willingly choose to free a being trapped inside you, should you change your mind.

Once per jump, with a being sealed inside you, you may generate an inanimate copy of yourself, and shunt the being into it. This copy is merely an object, and has none of your powers or abilities, but is nonetheless as effective a vessel for sealing as you were when you made it. This then allows you to act freely. Whilst you cannot use this technique to take being between jumps, in consideration of this an inanimate copy of yourself will automatically be created and left behind should a jump end with a being sealed inside you via this ability. This won't count towards your once-a-jump limit.

Post-chain, you are able to shunt a trapped being off into a false body once every ten years, and if you are able to keep a being trapped inside you for at least ten years without escape, you will be able to do so for that being without it counting against that limit.

Villain Perks

[100cp, Free for Villains] Wicked Words

You're a nasty one, huh Jumper?

With this perk, you picked up an instinct for choosing the right words, particularly when it comes to causing distress or sowing doubts into another's heart. If you wanted to throw a former friendship back in someone's face, you know just what to say.

[100cp, Free for Villains] Looking Fit

People get into fitness for a variety of reasons. Sometimes it's as simple as trying to find a girlfriend.

Your journey into fitness has already made some in-roads in this respect, as you are now somewhat more attractive than you would otherwise be. If you prefer, you choose to sacrifice this overall gain in exchange for a larger effect in a particular area, such as long legs, or bulging biceps.

[200cp, Discounted for Villains] An Odd Glare

You have acquired a strange ability, which can be activated when you look directly into the eyes of another.

The effect of the ability is determined by you on its activation. You may choose to weaken any Fit Skills of a particular colour that the target uses. Alternatively, you can cause the target to be unable to drink smoothies or other consumable items. This ability will only last a minute or two, so make the most of it.

A target may be under multiple effects at a time, but each effect must be applied separately. Successive uses of this power in a short time period will cause the power to become increasingly likely to fail, which lasts until you've waited about an hour without using it.

[200cp, Discounted for Villains] Colour Change

You have learned three special transformations, which you can enter and exit as you please.

In the first transformation, your body takes on a yellow colouration, and your Yellow Fit Skills are more effective. You also gain access to a special Yellow Fit Skill. While this skill is more powerful than a typical Fit Skill, it takes a long time to use, meaning you could be interrupted or acted against more easily. The second and third transformations act the same, but for Blue and Red Fit Skills respectively.

You can only use one of the three transformations at a time, but may switch between them with a moment or two of concentration. Be warned, changing your colour in this world may present more risks than you might expect.

[400cp, Discounted for Villains] Monster Guru

Monsters present a problem for many here, but for you they may well be a solution!

To start, you have somehow learned to communicate with these monsters, as if you were conversing in your primary tongue. You will also find that the monsters here are generally peaceful towards you. This is not absolute, meaning they can still be set off by your actions or turned hostile by mind-altering powers, but you won't have to worry about random attacks without cause.

In combination, this may allow you to tame these monsters and keep them as pets. Doing so not only provides you with some backup, but the shape of the monsters in these parts means that they often serve as excellent training equipment as well.

In future worlds, you will be able to communicate with other kinds of monster-like creatures you encounter. You will also find them similarly peaceful, though this aspect will not apply to those with human-level intelligence or above.

[400cp, Discounted for Villains] Fit Technician

For a world that is as fitness focused as this one, it is no surprise that there is a great deal of technology that relies upon it.

You now have the required knowledge to recreate this technology, whether it is the gates that require a Victory Pose to open, treasure chests that lock and unlock with Squats, or trolleys that require specific exercises to operate. With sufficient time and resources, you could make training courses to test your body, or to delay meddlers.

On top of this, you also have the required know-how to build the kinds of robots found in this world. These robots are somehow fuelled by the power of smoothies!

With time and effort, you may even learn to apply these strange technologies in new ways, and use fitness and smoothies to power all kinds of devices.

[600cp, Discounted for Villains] Dark Influence

You are now a host to a malignant force known as the dark influence, though unlike others it appears to be a more intrinsic part of yourself, and (mostly) safe for you to use.

The dark influence radiates out from your body as a purple aura, though you can choose to suppress it when you like. Like a virus, it will attempt to spread to those nearby, attacking at weaknesses in others' "hearts" (or character), and taking hold of them. While under the control of this influence, others will become completely loyal to you, and follow you to an almost sycophantic degree. However, the dark influence will also draw upon their flaws, often leading them into acting in a negative or evil way when not directly following your commands.

Your dark influence starts off fairly weak, but by exercising you can train it like a muscle. As it grows stronger, it will have an easier time spreading. Monsters and similar creatures are easiest to influence, but it can also take hold of people, wild animals, and even robots. As the dark influence takes hold in an area, skies will turn purple, purple flames will spontaneously appear on parts of the ground. At its peak, this influence could threaten an entire world, though you would need to put a lot of work in before you could pull that off.

The dark influence offers one more trick, best kept as a last resort. By willingly allowing the influence control over you, it will boost your power and abilities, in proportion to how much the influence has been allowed to grow. This is a transformation that causes wicked looking purple energy to cloak your body. As a consequence, your will lose control over your actions, blindly lashing out at those around you. Once you have tapped in to this transformation, you cannot end it on your own, but having some sense knocked into you will cause it to subside.

[600cp, Discounted for Villains] Power Absorption

A strange technique, which allows you to pull others into your body and steal their power for yourself. It is fairly easy to resist or dodge, so it is best used as a surprise attack, or on those unable or unwilling to stop you. If you had the power of the dark influence at your disposal, those made loyal to you would be easy targets.

Once you have absorbed someone, it will take a while for them to "settle" inside you. The time it takes will vary based on their power relative to yours. Exercising will help the power settle faster. Should you absorb additional people before the power has settled, you must wait until all the new power is able to settle (i.e., you won't get it incrementally by individual). You can only ever gain raw power in this way; you won't learn any specific techniques or skills via this perk.

Absorbing someone effectively kills them, and in settings with afterlives they may be found there. However, it is also possible for them to be restored. If you take sufficient damage, you will spit out anyone you have absorbed in this way as balls of energy, which will quickly regain their physical form and return to life.

At the end of any jump, any power that has not settled will be lost, and those people will automatically be restored to life nearby. Any power that has settled is yours to keep, and the people the power comes from will truly be dead – any damage you take will not cause it to be spit out. Post-chain, power will become entirely yours in this way ten years after the power has settled.

General Perks

[Free] Basic Fitness

Everything in this world revolves around fitness. To fit in, you have a minimum level of fitness and conditioning if you lacked it prior, enough that you can maintain a jog across Beginnia. You are also familiar with various dynamic and static stretches, allowing you to warm up before and cool down after serious exercise.

This is merely a foundation to build off of, so get out there and work hard!

[Free] Fit Skills

In this place, regular combat has been superseded by what are referred to as Fit Battles. In these battles, participants rely upon Fit Skills, which allow them to create constructs of energy via exercise.

Fit Skills are divided into four categories: Red skills which utilise exercise primarily working the arms, Yellow skills which utilise exercises primarily focusing on the core, Blue skills which utilise exercises primarily working the legs, and Green skills which utilise Yoga-derived exercises. Most Fit Skills create a temporary energy construct to attack your foes, though some instead heal your own body. Occasionally, you may even find an obscure use for one, such as a Tree Pose hiding your body in a tree construct to prevent detection. Typically, higher difficulty exercises yield better results, and demonstrating superior form also improves the efficacy of the skills.

To start with, you have four basic attacking Fit Skills, one of each category. Should you have a Ring or similar implement, you can also perform an Ab Guard, which creates a shield construct to lessen damage you take from attacks. As you train and practice these Fit Skills, you will learn how to perform a greater variety of Fit Skills, as well as perform existing Fit Skills at a higher level than before, getting a better outcome out of the same exercise.

-Items-

You may choose 1 50cp or 100cp item, 1 200cp item, 1 400cp item, and 1 600cp item to be discounted. Discounted 50cp or 100cp items are free, and all other discounts are 50% off. You may purchase items multiple times, but any discount only applies to the first purchase. Free items are the exception to this; you may only get 1 of each. Discounts do not stack.

Should you already possess any similar items to the ones you purchase here, you may import these items, giving them any advantages the purchases they are imported into offer, unless the item in question states otherwise.

[50cp] Ring Fit Adventure Game Bundle

Want to exercise even more, or get the scoop on Dragaux's plans? This bundle contains:

- A 2019-era television.
- A Nintendo Switch, with Joy Cons, dock, and all needed cables.

- A copy of Ring Fit Adventure, including the game, Ring-Con, and Leg Strap.

Should any of these be lost or destroyed, a replacement will appear in your Warehouse 24 hours later. Any saves made on the Nintendo Switch will automatically be backed up on Jump-chan's special cloud server, ensuring your save data is never lost.

[50cp] Recipe Book

This helpful book details every special drink that can be made in Ring Fit Adventure, their effects, and their recipes. While obviously more valuable for those with the Smoothiecraft perk, even those without can enjoy tasty but mundane drinks but following the recipes here.

If you do have the Smoothiecraft perk, then as you discover more special drinks in future worlds, they will be added to the book. Despite this, the book never seems to get bigger or heavier, and you will always be able to find the page you are looking for.

Should your book be lost or destroyed, a replacement will appear in your Warehouse after 24 hours.

[50cp] Remember to Stay Hydrated!

A special bottle, which you always seem to be able to produce when you need it.

It is filled with cool, clean water. Each time you retrieve it, it will somehow be filled with water once again. Thanks to this, you can ensure you can always keep hydrated during exercise.

[50cp] Gym Etiquette

A special gym towel, which you always seem to be able to produce when you need it.

Each time you retrieve it, it will be clean and dry as if brand new. Perfect for drying off after serious exercise, or wiping down gym equipment after use.

[100cp] Smoothie Supplies

Want to make a lot of smoothies in this world and beyond? This pair of crates, located in your Warehouse, or close to your starting location, may be just what you need.

The first crate contains a small supply of every type of ingredient used in Ring Fit Adventure, around two to three "portions" of each. Whilst these ingredients can typically be found on any mundane Earth, having a convenient source is nonetheless helpful. This crate will restock any supplies taken once a week, so remember to take them out of the crate if you are wanting to make the most of it. Fortunately, supplies inside the crate will never spoil, so leaving the crate alone is perfectly safe.

The second crate contains a seemingly endless supply of cups, mugs, and bowls, ensuring you always have an appropriate vessel for your creations. Despite their contents, neither crate is overly heavy, allowing them to be moved as necessary.

Should either crate be lost or destroyed, a replacement will appear in your Warehouse after 24 hours.

[100cp] Rhythm Game Room

A new room has either been connected to your Warehouse via a special gateway, or added to another property you possess.

In this room, one wall is taken up by a large screen, another houses a computer, and a supply of Ring-Cons, Leg Straps, and Joy Cons can be found in the corner. Using these, you will be able to play a special Rhythm Game, by matching your motions and Ring-Con actions to various music tracks.

For each music track, there are a total of six modes, a Novice, Advanced, and Super-Advanced difficulty for both an Arm + Legs focused action and Core + Legs focused action. To start with, the computer has a large selection of Ring Fit Adventure music, and some select tracks from other Nintendo games. The computer is also capable of creating additional courses for any other music tracks you are able to provide it. Finally, the computer will record high scores for each of these courses, both overall and per individual.

In each future jump, you may choose to move this room to your Warehouse (if not already there), or to an appropriate property you possess. Post-chain, you will be able to do this once every ten years. Should the room be destroyed, a replacement will appear in the same location after 24 hours. If it was placed out in the world, and that location is no longer viable, it will instead become attached to your Warehouse.

[200cp] Custom Training Attire

A set of special training clothes, in a design of your preference. They are self-cleaning and self-repairing, ensuring that they won't get gross even if you choose to run in them every day.

The clothes are surprisingly durable, and also improve the power of any Fit Skills you use. These capabilities are in line with some of the best attire found in this world, making it a truly high-end set of equipment.

Like many sets of training attire in this world, wearing the entire set of clothes confers a small bonus to the wearer. It could increase the power of Fit Skills of a specific colour, increase the rate at which you improve, or even help you to understand the robotic language of this world. You can even choose for it to do something not demonstrated in Ring Fit Adventure, but it must at least remain in the same scope of power and utility.

Should your special attire be lost or destroyed, a replacement will appear in your Warehouse after 24 hours.

[200cp] Pair of Pets

A pair of monsters from this world. You may decide which kind on purchase of this item, and may have them be the same or different kinds.

These monsters often take the shape of training equipment, and you'll find that they can serve in that role as well acting as a companion or backup in a fight.

By allowing a monster to grow and mature, it will eventually “split” into two of the same type, though weaker than they were at their peak. This may happen any number of times, meaning you may have a small army on your hands if you have the time and care to give.

All monsters granted by this item count as followers. Should an “original” monster be killed, or if all monsters stemming from an original are killed, a brand-new monster of the same type will appear after 24 hours.

[400cp] General Store

This store, run by married couple Honey and Hubby (if you choose to recruit one or both, or this is an additional purchase of this item, it will instead be run by a lookalike couple), has been set up either in your Warehouse or on a property you possess.

This store sells the odd combination of special drinks and training attire. In terms of drinks, the store sells most of the special drinks which can be found in Ring Fit Adventure, barring a few rare ones. They will accept any form of currency you would like to use.

In terms of attire, the store will sell kind of training attire that can be found in Ring Fit Adventure. Whilst they will accept any form of currency for these items, occasionally they will require a small quantity of a specific rare material on top of the purchase price. In future worlds, new forms of attire will be added to the store, requiring small amounts of rare or unique materials from that setting. These new clothes can have the same kinds of special effects as the base stock, but will never exceed the scope of abilities found on the clothing present in Ring Fit Adventure.

Additionally, in future worlds, you will have the opportunity to decide whether the store will sell to the general public, or just to you. If the store sells to the general public, you will receive a portion of any profits it makes. You can change this decision whenever you like by speaking to the couple.

[400cp] Jumper Statues

A group of animated statues, modelled after your likeness.

These stone statues have a flat base, and will typically just feature your upper body, arms, and head. You may choose for the statues to be close to reality, or an exaggerated version of yourself that is more aspirational than real. Should you possess multiple forms, you can choose which one each statue is modelled after.

You have a total of five statues. The first four are about the size of a human. The last is significantly larger, closer to a dragon in size, and is also stronger and more durable than the others.

Your statues are able to move by sliding around on their base. If they have arms, they are capable of punching opponents. If they have eyes, they can fire relatively weak lasers from them. They also have an equivalent of the ‘An Odd Glare’ perk, allowing them to temporarily debuff opponents if they can look them in the eyes.

Your statues have limited intelligence and are not truly alive; nonetheless they can follow simple commands such as ‘attack this person’ or ‘guard this area’. Whether you use them to battle your enemies, or train against them yourself, is up to you.

Should a statue be lost or destroyed, a replacement will appear in a location controlled by you after 24 hours. If you like, you can choose for the new statue to have a different appearance, as long as it follows the rules described above.

[600cp] Game Gym

This large gym is now all yours! It is staffed by helpful robots. They count as followers, but cannot leave the premises.

In addition to the usual equipment you would expect to see at a modern gym, the gym also has special gateways. Entering these gateways will take you to areas where you can participate in the various "minigames" found in Ring Fit Adventure. Many of these minigames require someone of the Ring species to play correctly; for those that don't have such a buddy on hand, temporary rings will be lent out; these rings are not truly alive, and cannot be taken out of these spaces. Death and serious injury cannot occur in these areas either, so don't worry about running into a bomb or falling off a tower – just have fun! The gym will even track high scores both for individuals and overall, so you can compete against your friends as well.

At the start of each new jump, a new variation of each existing minigame will be added, ensuring that the activities stay fresh. Post-chain, a new variation gets added every ten years.

In future worlds, you may choose for it to be attached to your Warehouse, or to be placed somewhere appropriate, close to your starting location. It will automatically be hooked in to any public utilities, though you may opt out of this if you like. If placed out in the world, you will be able to choose whether the gym is open to the public; if so, you will be entitled to any profits the gym generates.

Should the gym be destroyed, a replacement will appear in the same location after 24 hours. If it was placed out in the world, and that location is no longer viable, it will instead become attached to your Warehouse.

[600cp] Battle Gym

Looking to put your Fit Skills to the test? This training centre has all you need. It is staffed by helpful robots. They count as followers, but cannot leave the premises.

This gym offers two different methods of training. The first is one on one practice with a robot, designed to test your execution. With this method, you will be offered various sets of exercise to choose from. The robot will stand stationary as you go through these exercises, scoring you on your posture. If you can perform these exercises as attacking Fit Skills, then the robot will also act as a punching bag, recording how much damage each attack is capable of. The robot cannot be destroyed when acting in this role, so don't worry about holding back. The gym will track high scores for each set, both individually and overall, allowing you to challenge your friends.

The second method are actual Fit Battles, designed to test the practical application of your Fit Skills. In an arena setting, waves of the kinds of monsters found in this setting will be spawned in, allowing you to battle them. A large variety of courses are offered here, providing a full range of difficulty levels – from complete novice up to the most powerful monsters that could normally be found in this setting. While these battles are designed to test your Fit Skills, participants are allowed to use

any methods they like in battle, making it a good training option for many styles of combat. Death and serious injury cannot occur from participants in these battles (excluding the monsters, of course), so feel free to push yourself to your limits. Monsters spawned during these battles cannot leave the arena under any circumstances, and will vanish after the battle is over if they stuck around to the end.

In future worlds, you may choose for it to be attached to your Warehouse, or to be placed somewhere appropriate, close to your starting location. It will automatically be hooked in to any public utilities, though you may opt out of this if you like.

Should the gym be destroyed, a replacement will appear in the same location after 24 hours. If it was placed out in the world, and that location is no longer viable, it will instead become attached to your Warehouse.

-Companions-

[50cp per.] Import

Already have some companions with you? For 50cp each, you may import these companions into this world, providing them an Origin, as well as 600cp to spend on perks, items, and their species. They may not purchase companions, except Ring Special Option.

[50cp per.] Create

Alternatively, for the cost of 50cp each, you may create new companions to follow you on your journey. They receive an Origin, and 600cp to spend on perks, items, and their species. They may not purchase companions, except Ring Special Option. Their appearance, personality, and history are up to you, provided you do not grant them anything not reflected in their purchases. By default, they are absolutely loyal to you, but you may forgo this if you wish.

[50cp per.] Recruit

For 50cp each, you may take any named character appearing in Ring Fit Adventure along on your journey as a companion. In order to successfully recruit them, they must agree to this. If for some reason you are turned down, worry not! Each purchase of this represents a ‘slot’, so you can ask around and find another character to journey with if you would like.

[Free/100cp] Ring Special Option

Using this option, you can create a new Ring companion or follower, or import an existing companion into this role. If you already have a non-companion spirit or AI, you can also import it into this role, choosing whether it becomes a companion or not. They have the Ring species, as well as the Trivia Fit, Colour Coding, Smoothiecraft, and Safety Seal perks. If you are not importing into this role, you can also determine their personality and voice.

Companions may purchase this option, but cannot use it to create a new companion. They must either import an existing companion, create a new follower, or import an existing spirit/AI as a non-companion. A companion cannot be imported into both this option and the standard import option.

If you've taken the Trainee Replacement drawback, then you can choose to gain this for Free. If you do so, you instead recruit Ring (the existing character) as either a new companion or follower. In all other cases, this option costs 100cp.

-Drawbacks-

You may gain up to **600cp** in drawbacks, but may take as many drawbacks as you like.

[0cp] Trainee Replacement

Cannot be Ring species. Cannot be taken with Trainee Selection.

By taking this toggle, you will take on the role of the Ring Fit Trainee. Your starting location is overridden to In the First Place - Outside Beginnia.

[0cp] Trainee Selection

Cannot be taken with Trainee Replacement.

The appearance of the Ring Fit Trainee is not quite set in stone. Using this toggle, you can determine their gender, skin tone, and eye colour.

[0cp] Ring Selection

With this toggle, you can determine whether Ring uses a masculine or feminine voice. If you are planning to take on the role of the Ring Fit Trainee, such a thing may be important to you.

[+100cp] Mute Protagonist

For the duration of the jump, you have been rendered mute. Whilst communicating with others is still possible, it could prove challenging. Motivating others may be quite difficult as well, something to keep in mind if you mean to act as a trainer here. Perhaps you could leave all the talking to someone else?

[+100cp] Low on Fuel

Are you part robot or something?

Whatever the case, for the duration of the jump you'll require multiple smoothies a day to survive. The special drinks in this world are also half as effective as they would normally be. Perhaps your body is putting them to better use?

[+100cp] Showboat

You have developed an unfortunate habit of showing off your muscles (or simply gloating if you chose the Ring species) mid-combat. This often opens you up to attack, and wastes time that could be better spent attacking, guarding, or drinking smoothies.

[+200cp] Casual Player

Every other week, you will fail to make any gains in terms of fitness or Fit Skills. In fact, you may find your fitness slowly dropping during this time, as if you were slacking off. This occurs regardless of the amount of effort you actually put in. If you chose the Ring species, this penalty also applies to anyone you are training or synchronised with.

It may prove challenging to keep up with the Ring Fit Trainee and Dragaux under such conditions.

[+200cp] Injury Prone

Cannot be taken with Ring species.

You and exercise don't quite mix, as you are much more prone to injury than most. If you aren't diligent with warm-up and cooldown stretching, you *will* end up hurting yourself in some way. Even if you are, you can expect to pull something at least a few times during your stay.

[+200cp] The Ring Con

Requires Ring species.

Oh dear, it seems you've been rendered immobile! While you are still able to talk, and can utilise travel methods that depend on another person, your ability to hover and move about has been removed for the duration of the jump, as has your ability to change out of your Ring form, be that by shapeshifting, alt-form switching, or some other method.

You'll need someone to carry you around if you want to get anywhere.

[+300cp] Shining Jewels

You have been reduced to your Body Mod, and retain the Basic Fitness and Fit Skills perks if you purchased them here. You retain the advantages of any species you have purchased here, however if you chose the Ring species, you lose the River Rowing, Jump Boost, and Wing abilities. All other perks, powers, or abilities – even if you received them here – are gone.

Across this world are glowing orbs which resemble jewels. Each of these represents a perk, power, or ability that has been taken from you. Should you touch one, it will vanish, and you will regain it.

These “jewels” are often found in the company of powerful monsters, or are offered as prizes for those you perform well in Gym challenges, so you may wish to begin your search there.

Whilst others cannot claim your powers for themselves, if your enemies learn of the value of these “jewels”, they may attempt to hide them from you.

At jump’s end, you regain all this drawback has taken from you, if you had not reclaimed it already.

[+300cp] A New Adventure

For the duration of your stay, each time that Dragaux is well and truly defeated, the world will reset. You may keep any gains you’ve made in that time, as well as any items. However, with each reset Dragaux and the monsters of this world will become more powerful. If you aren’t taking on the role of protagonist yourself, then the Ring Fit Trainee is certain to become overwhelmed without more and more support on your part.

And you will want to support them (if not take their place outright), because if Dragaux is able to succeed in conquering this world, then you will fail your chain.

-Ending-

You have reached the end of your stay here. All of your drawbacks are hereby revoked. Any background memories you have acquired no longer have any influence over your behaviour.

Choose one of the following three options:

Keep Exercising: Want to stay in this world? Very well. Your chain ends here.

Dynamic Stretches: Is this world just a warm-up? Great! Proceed to the next jump.

Static Stretches: Want to call it quits? Okay then. You return to your original world – your chain ends here.

-Notes-

Thank you to everyone who assisted in making this jump.

So, what exactly happens here, anyway?

The player (hereafter referred to as the Ring Fit Trainee or just Trainee) finds themselves outside Beginnia. They encounter Ring, who is strapped up. A voice requests the Trainee free them, but when they do it is revealed to be Dragaux, who escapes from Ring and flies off. Ring comes to, and asks for the Ring Fit Trainee to assist them, syncing with their body. After some introductory courses, the pair encounters and defeats Dragaux, who complains that he is out of shape due to being sealed away. Dragaux escapes.

In The Land of Night, the Ring Fit Trainee learns that Ring is currently missing some powers. After rescuing some locals from monsters, and defeating Dragaux, Ring regains the Colour Coding power.

In the next land, the Trainee and Ring assist Honey and Hubby with some store-related problems, and ultimately defeat Dragaux. The pair learn to use smoothies, and Ring regains the Smoothiecraft power.

In the Nation of Sporta, the pair are unable to pursue Dragaux right away due to a river blocking the path to the stadium. After a detour, and some training with Sporta's military, Ring regains the River Rowing ability, allowing the pair to confront and defeat Dragaux.

In the next land, the Trainee and Ring encounter the Four Masters: Allegra the leg master, Armando the arm master, Abdonis the abs master, and Guru Andma the balance master. After earning each of their approval, they agree to assist in the battle against Dragaux. Unfortunately, Dragaux is able to send them flying before Ring and the Trainee arrive. Dragaux is once again driven away, though he claims to have been weakened by the prior battle and suggests he has thought of another use for the Four Masters.

In the Shrouded Land, Ring and the Ring Fit Trainee learn that Dragaux was able to capture the Four Masters, and convert them to his cause using his dark influence. The Four Masters have their pet monsters battle the Trainee and Ring, but the pair are able to win. Dragaux has the masters pull back for the time being, and the Trainee and Ring are able to defeat him another time. He then claims to be in a weakened state from recently putting the masters under control.

Pursuing Allegra, the pair encounter Dashley. Dashley was Allegra's mentor, who maintains her youth by constantly running. Allegra placed monsters on the road so that Dashley would have to stop, and Allegra would be considered top runner. The Ring Fit Trainee and Ring clear out the monsters and defeat Allegra, and then Dragaux, driving both away.

The next land is home to the goddess Solar Plexia, whose tears cause rain to fall. The pair head towards the shrine to get the rain to stop, but are stalled by Abdonis in disguise, who is giving out false information which prevents the locals from reaching the shrine. Ultimately the pair confronts Abdonis, who reveals they had the rain falling to serve as a shower for Dragaux. The pair defeats Abdonis, and then Dragaux, driving both away.

Having learned that Dragaux left one of Ring's missing powers with Armando, the pair fight their way to him, reclaiming the Jump Boost ability. Angry with Armando, Dragaux send monsters into his gym. Ring and the Trainee defeat the monsters, then Dragaux.

Before the pair can fight Dragaux in the next land, Guru Andma forces them to win a gauntlet of minigames hosted by her Grandminions. Afterwards, the pair defeat her and then Dragaux.

In an attempt to save Dragaux from the dark influence, Ring suggests they head to the Valley of Wishes, where one can allegedly have their wishes granted. On the way, the pair pick up three friends. Unfortunately, these friends turn out to be Allegra, Abdonis, and Armando in disguise. The Ring Fit Trainee and Ring manage to defeat all three at the same time, though they claim after that they didn't uses their full power. The wishes turn out to be a bust.

In the next land, the pair assist locals Kiddalus and Daddalus. Ring is able to reclaim the last missing power: the Wing ability. Using this the pair reach Draguax Stadium, where they battle and defeat Guru Andma and her pets.

The citizens in the next land have been corrupted by the dark influence and treat the Ring Fit Trainee and Ring as villains. The pair investigate the many Dragaux Stadiums nearby, most guarded by a Dragaux Statue. Eventually they find the one with Dragaux and defeat him.

In the next land, the pair find that all of the children have been turned into ghosts. The one responsible is Abdonis, who hated that the kids treated him like an old person. After being defeated, he turns the kids back to normal.

The pair find themselves in Quizton next, where they have to answer quizzes correctly to reach Dragaux. Having mastered abs, Dragaux utilises a yellow transformation in this battle, but is defeated all the same.

In the next land, Allegra is after a girl named Titanium White. When she asked her magic robot who had the "steeliest buns", the robot told her Titanium did. Allegra is able to capture her and remove her motivation, perseverance, and enthusiasm. The Ring Fit Trainee and Ring rescue her and recover her traits. It turns out that Titanium is a cyborg, and the robot was answering literally when asked by Allegra. The Ring Fit Trainee and Ring defeat Allegra.

Next, the pair encounter a young boy, Linus, who lies to them about animals attacking. Soon later, the dark influence starts to make wild animals attack the townspeople. After helping out, Linus tells them that Dragaux told him lying makes your legs stronger. Ring and the Trainee battle Dragaux, who has mastered legs and uses a blue transformation this time. Nevertheless, he is defeated.

The next land is very cold and snowy; however, a new chief is ordering the locals to underdress. The new chief turns out to be Armando, and the pair defeat him.

Heading to the next region over, the pair find it to be almost entirely populated by robots. After acquiring training attire that lets them speak the robot language, and refuelling some robots with smoothies, the pair confront Dragaux. This time he has mastered arms, and uses a red transformation. He is defeated once more.

In The City of Open Eyes, the Ring Fit Trainee and Ring defeat Guru Andma, and then Dragaux, who has mastered balance, allowing him to use all three transformations as he needs. After losing, Dragaux absorbs the Four Masters, then flees to Finalia, in order to allow his new power to settle.

On the way to Finalia, the Ring Fit Trainee and Ring move through Between Land. A mysterious ghost there assists them in navigating the land, and leads them towards the Land of Hades. Here, the pair encounter the spirits of the Four Masters, who are no longer under the control of the dark influence. The masters train the Ring Fit Trainee, then the Trainee and Ring battle and defeat all four of the masters at once as a last test.

Reaching Finalia, the Trainee and Ring make their way to Dragaux. At one point Ring nearly falls to the dark influence, but the Trainee is able to snap them out of it. During the final battle with Dragaux, he loses himself completely to the dark influence, becoming Dark Dragaux. Ultimately, the pair are able to defeat Dark Dragaux, which both purges the dark influence from the world, and restores the Four Masters back to their physical bodies. No longer controlled by the dark influence, Dragaux recommits to his original goal of spreading good fitness with Ring, and the Four Masters agree to assist in that goal.

-Changelog-

0.1
Created the jump.

1.0
(i) Minor typo fixes.