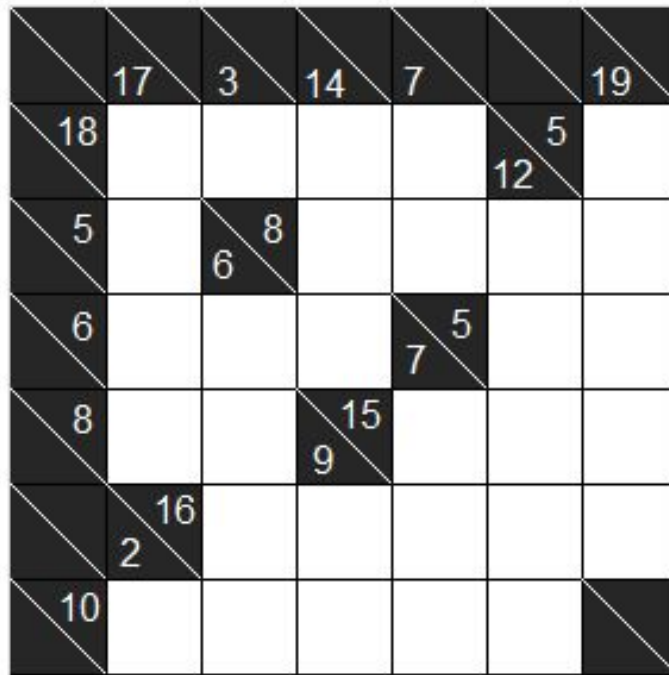


# The Easy Six-Pack Workout

*Work out this easy six-pack of puzzles! Follow our flawless six-week program and we guarantee that all your struggles will pay off at the end!*

## Week 1: Kakuro (Difficulty: ★★)

- For each white empty square, fill in a number that is at least 1.
- The numbers entered in the squares may not exceed 6.
- The numbers must also all be whole numbers.
- The numbers may not repeat within a contiguous block of white squares on a row or column (not separated by black squares).
- Numbers may repeat within a row or column, as long as the repetitions are separated by black squares.
- The numbers within each contiguous block must add up to the sum preceding the block (in the black squares).



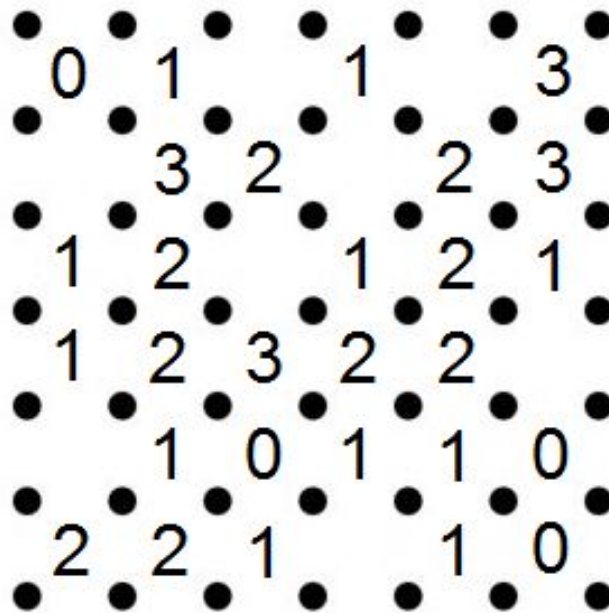
Week 2: Tapa (Difficulty: ★)

- Color some of the squares in the grid black.
- The black squares must form a connected wall. That is, one should be able to get from one black square to another by a series of edge-adjacent black squares.
- Within any 2 by 2 subgrid, not all four squares can be black.
- The squares containing numbers cannot be colored black.
- The numbers indicate the number of black squares in each contiguous block of black squares among the (up to eight) neighboring squares (that share an edge or a corner).
- If there are two numbers in a square, the two contiguous neighboring blocks must not be edge-connected.

	<sup>1</sup> <sub>1</sub>				3
	5		<sup>1</sup> <sub>1</sub>		
			3		
	6			<sup>4</sup> <sub>1</sub>	
		3			

Week 3: Slitherlink (Difficulty: ★★)

- Connect segments between some pairs of points that are unit distance apart.
- The segments must form a closed loop.
- The number in each unit square indicates the number of segments adjacent to the number.
- A square without numbers can be surrounded by any number of segments.
- The loop may not cross itself.
- The loop may not branch off or have any dead ends.



Week 4: Minesweeper (Difficulty: ★★)

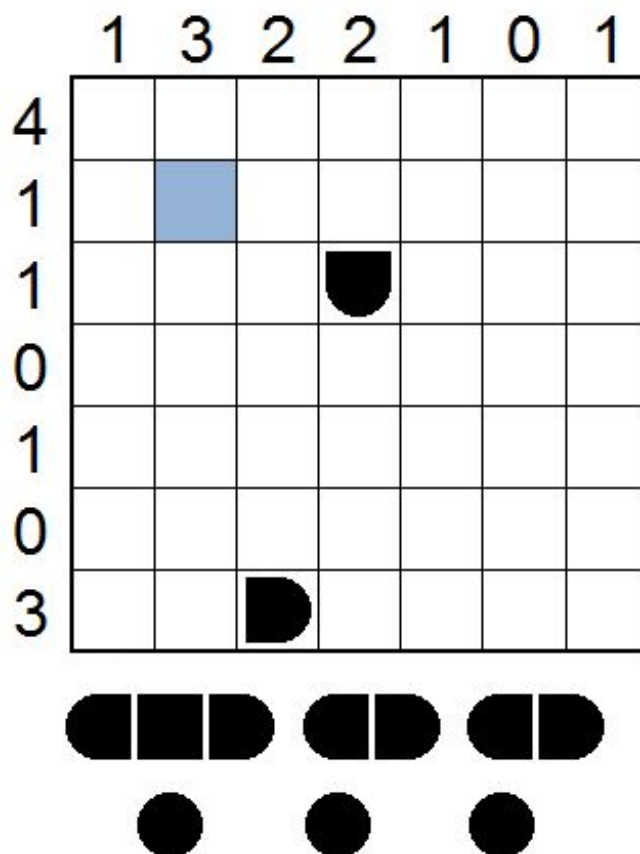
- Determine the positions of the mines within the grid.
- Each square contains at most one mine.
- The number within a square indicates the number of mines that are no more than  $\sqrt{2}$  units away from the center of the square (which includes mines in corner-adjacent squares).
- The squares containing numbers do not contain mines.
- The squares without numbers can be adjacent to any number of mines.
- The total number of mines is indicated on the top of the grid.

## 12 Mines

	1	1		2	
0			5		3
	4				3
2				4	
2		1			4
	0		2	3	

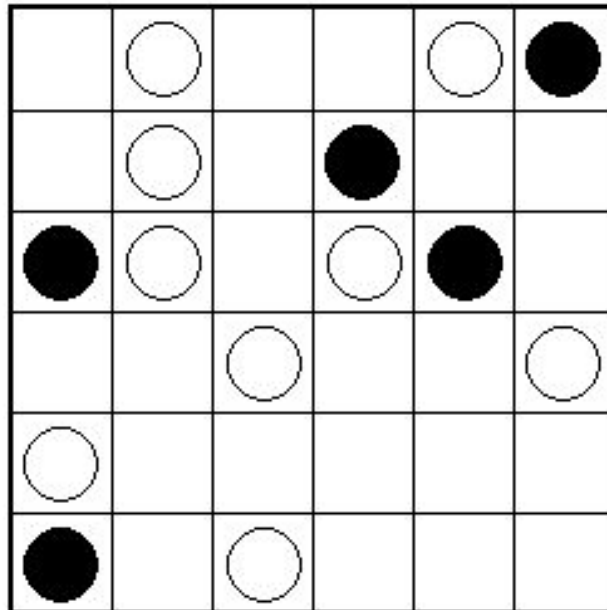
Week 5: Battleship (Difficulty: ★)

- Place the ships into the 7 by 7 grid with the given information.
- Parts of the ships and empty squares are indicated on the grid.
- The numbers on each row/column indicate the number of squares on this row/column that are occupied by ships.
- The ships may not touch each other horizontally or vertically.
- The ships may not even touch each other diagonally.
- All six ships – one three-tile cruiser, two two-tile destroyers, and three one-tile submarines – must be placed into the grid.



Week 6: Masyu (Difficulty: ★)

- Draw a loop through the centers of the squares of the grid.
- Not all squares need to be visited by the loop, but all squares containing black or white circles must be visited.
- The loop must turn when passing through a square with a black circle, but must not turn in the squares immediately before and after this square.
- The loop must not turn when passing through a square with a white circle, but must turn in at least one of the squares immediately before and after this square.
- The loop may not travel parallel to itself within the square at any point.
- The loop may not cross itself at any point.



Final workout (Difficulty: ★★★★★★★★★★)

T	E	P	L	N	W
H	M	J	F	R	O
U	L	D	F	B	S
I	D	I	S	K	A
A	H	T	C	S	I
R	N	V	O	G	E