THE SIMS 4 FITNESS STUFF
UNOFFICIAL SIMSVIP GUIDE
SimsVIP GAME GUIDE

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ALEXIS
EDITOR-IN-CHIEF

Hey everyone! My name is Alexis and I am the Editor-in-Chief for SimsVIP.com! I am a long-time simmer and community member, and am one of the writers for The Sims 4 Fitness Stuff Guide.

If you’re reading my author bio, that means you’re checking out the PDF version of our guide! I hope this guide helps you with having fun with working out, and thank you for your continued support!

KERRI
LEAD DESIGNER

Hello! My name is Kerri and I am a designer here for the SimsVIP. My job is to essentially make things look good. I do info graphics for the site and now these game guides! So I really hope you enjoy it.

I have been a fan of the sims since the first game my favorite thing to do in the Sims 4 is build stuff and customize sims. Thank you for the support on this game guide and I hope to provide you with high quality PDF’s like this one in the future :)

LUCIE
ASSISTANT DESIGNER

Lucie is just your typical French student. Crazy about little puppies. Avid Youtube watcher, Interior Designer (well in the Sims at least). She also loves to create short films because why not. Always the head in the clouds.

Hope you like the guide :)}
Elevate your Sim’s fitness and embody an active lifestyle with The Sims™ 4 Fitness Stuff. Challenge your Sims to scale the rock climbing treadmill as a fun way to burn energy and improve their physique. Choose from a collection of fashionable activewear, and decorate your Sim’s home with nature-inspired objects and décor.

**GAME PICTURES**

![Fitness Stuff](image1)

![Fitness Stuff](image2)

![Fitness Stuff](image3)

![Fitness Stuff](image4)
CREATE A SIM FASHIONS

- Female Adult/Teen/Elder - 4 Hairstyles, 5 Tops, 2 Bottoms, 2 Accessories, 1 Pair of Shoes
- Male Adult/Teen/Elder - 1 Hairstyle, 4 Tops, 2 Bottoms, 1 Accessory, 1 Pair of Shoes

HAIRSTYLES
CLOTHING
Basic Info - Continued

Clothing
NEW GAME OPTIONS

WORKOUT TV CHANNEL

The Sims 4 Fitness Stuff adds the new “Workout” option to televisions in the game. Sims will gain Fitness skill while working out to custom workout videos on the TV. The following workout options are available: Plumboomba Dance Video and Power Sculpting Video.
NEW GAMEPLAY

EARBUDS

The Sims 4 Fitness Stuff adds the all-new “Earbuds” interactive object. This item can be purchased through the computer for $100 Simoleans, or acquired free of charge via an opportunity pop-up within the game. Earbuds will be placed directly into a Sim’s inventory.

- Earbuds are available for purchase in the following color options: Black, White, Red, Green, Blue, Pink, Orange, Teal, and Gold.
- Sims do not choose a color when receiving Earbuds for free via opportunities.
- Sims can only own 1 set of Earbuds at a time.
- Music from the Earbuds can only be heard when the active Sim has music on.

Sims as young as children can use Earbuds to listen to music on the go. To begin listening to music through the earbuds, Sims must select a music genre to listen to and the earbuds will be automatically placed into their ears.
NEW GAMEPLAY - CONTINUED

From there, Sims can control the Earbuds through their inventory, or the new “Earbuds” self-interaction. The following options are available on the earbuds: Turn Off, Change Station, Listen To, Change Volume, Next Song, and Dance.

ROCK CLIMBING WALL

The Sims 4 Fitness Stuff adds the brand new “Top Hitz Rock Climbing Wall” interactive object. It can be purchased in buy mode for $2,600 Simoleons, and placed on any lot.

The Rock Climbing Wall helps Sims increase their Fitness Skill, but also comes with a hidden “Rock Climbing Skill” of its own. This hidden skill has 5 levels, and helps determine how well Sims perform when completing challenges. The Rock Climbing Hidden Skill also unlocks additional interactions as Sims level up, and is required to complete challenges.
Only 1 Sim aged Teen and Older can use the Rock Climbing Wall at a time, and the following interactions are available when interacting with the Rock Climbing Wall:

**Climb**
- Climb Gentle Incline
- Climb Vertical Incline
- Climb Overhang (Unlocks at Level 2 Hidden Rock Climbing Skill)

**Endurance Challenge Climb**
- Vertical Challenge - Beginner (Unlocks at Level 1 Hidden Rock Climbing Skill)
- Vertical Challenge - Easy (Unlocks when completing previous challenge)
- Overhang Challenge - Medium (Unlocks when completing previous challenge)
- Overhang Challenge - Hard (Unlocks when completing previous challenge)
- Fire Challenge - Dangerous (Unlocks when completing previous challenge)

**NOTE:** Completing medium to high level challenges is extremely difficult and can take upwards of 40-60 tries until successfully completed. Based on wording in the game itself, it is assumed that this was intentional.

- **Sabotage (Requires the Tormentor Trait)** - This Tormentor Trait is acquired by completing the Chief of Mischief Aspiration. This interaction allows Sims to purposely sabotage the Rock Climbing Wall and force it to malfunction.

- **Reset Record Time** - This allows a Sim to remove and reset the current record time by other Sims. Record Times are recorded once Sims perform challenges.

- **Defeat (Sim’s) Record Time** - This allows a Sim to try and beat a record score by other Sims.

- **Upgrade Self-Repairing** - Sims with a level 5 in the Handiness Skill and (2) Electronic & (1) Common Upgrade Parts will be able to upgrade the Rock Climbing Wall to immediately repair itself after malfunctioning. Replacing this item is very expensive, so it would be a good idea to upgrade the Rock Climbing Wall sooner than later. Do note that this upgrade does not protect against fire.

- **Watch Climber** - Allows bystanders to watch climbing Sims.
As Sims use the Rock Climbing Wall to increase the hidden Rock Climbing Skill, they will visibly get better at climbing and performing challenges. Along with the occasional fall and missteps while climbing, Sims will also experience bouts of fatigue and restlessness. It is important to give Sims a break between challenges and workouts.

When successfully completing challenges, Sims will receive special moodlets for each of the 5 challenges available. Completing the 5th and final challenge - which the game claims few will complete - also grants a Sim the “Challenge Climb Champion” moodlet.

**Fire Challenge and Death**

The final Endurance Challenge available to Sims is the “Fire Challenge”. This is the most dangerous of all challenges as it sprays fire out onto Sims while they climb the wall. This will (almost always) result in Sims catching fire and burning to death.
- NOTE: Completing medium to high level challenges is extremely difficult and can take upwards of 40-60 tries until successfully completed. Based on wording in the game itself, it is assumed that this was intentional.

- Additionally, make sure to have a second Sim, a Death Flower, or save your game, before attempting the Fire Challenge. During the time I played my Sim caught fire 45 of 50 times she was sprayed by a fire jet. Since the Fitness Skill does not play a role preventing this, it’s better to be safe than sorry.

- Sims who have the Naturalist Trait, by completing the Freelance Botanist Aspiration, will gain immunity to fire. You may want to consider giving this trait to your Sims before attempting the fire challenge.
## BUILD / BUY

### BUILD/BUY MODE OBJECTS

The Sims 4 Fitness Stuff includes 36 buy and build mode items. This includes objects, build items, styled rooms, and every other item that was included with the game.

<table>
<thead>
<tr>
<th>Item Name</th>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Trap’s Trapezoid Tub</td>
<td>$750</td>
<td>From the makers of the “Fountain of Youth” comes Trap’s Trapezoid Tub! Every inch of this precision engineered whirlpool tub has been built with trapezoid relief in mind. From the trapezoid base to the meticulously arranged jets, you won’t find a better remedy for post-workout recovery. Be prepared... lowering yourself.</td>
</tr>
<tr>
<td>Blivet Basin</td>
<td>$150</td>
<td>What seems to be a simple sink on its surface, can in fact play tricks with the mind when stared at. If you gaze at the Blivet Basin from a precise angle, what once seemed to be two legs will suddenly become three.</td>
</tr>
<tr>
<td>At One With Shower</td>
<td>$600</td>
<td>Cleanse yourself of the shackles of the daily grind in the At One With Shower. Be at one with yourself, or at one with nature, or at one with luxury. Regardless of your motivation, you’ll slip into blissful serenity as your worries are rinsed away.</td>
</tr>
<tr>
<td>Counterbalance</td>
<td>$200</td>
<td>Is your body a bit pear shaped? Working to get that swelle form you know is the “true you”? Try the Counterbalance Living Chair - it’s off-balanced in just the right way to accommodate you.</td>
</tr>
<tr>
<td>Throne World</td>
<td>$400</td>
<td>The Throne World exists as the antithesis of light. It serves as a plane of existence where the contents of a Sim’s bowels descend into the dark bowels of the sewage underworld. Bladder: 10 Comfort: 1 Build: 5</td>
</tr>
<tr>
<td>Hammer Forged</td>
<td>$100</td>
<td>This exquisite dining chair is made from Black Ironwood - a special wood that’s one of the densest and heaviest known to Sims. Due to its high cutting resistance, carpenters actually shape this chair’s frame by pounding the wood with metallic hammers.</td>
</tr>
<tr>
<td>Pop n’ Lock Shelving</td>
<td>$150</td>
<td>A prefabricated shelf that allows you to bring a bit of nature into your home with ease. Simply pop the hinges open, lock them into place, and mount it on your wall.</td>
</tr>
<tr>
<td>Perfect Balance</td>
<td>$400</td>
<td>The Perfect Balance Chaise Longue offers a ‘tough love’ solution to those suffering from vertigo. With its squared edges and unforgiving backrest, it’s a surface no Sim will desire to spend long on, no matter how dizzy they may feel.</td>
</tr>
<tr>
<td>Mt. Al-a-Nie Summit Coffee Table</td>
<td>$200</td>
<td>The regional government of Shang Simia permitted the removal of the peak of Mount Al-a-Nie after locals complained that the mountain was blocking a spectacular sunset from the viewing platform atop the Temple of Heaven. The top of the mountain was sliced clean off, and then divided into 60 equal slabs of rock. These pieces were...</td>
</tr>
<tr>
<td>Signature V</td>
<td>$500</td>
<td>A dining table fit for the 1%! The Signature V dining table incorporates a glass surface so that you can admire your expensive one-of-a-kind shoes while you dine.</td>
</tr>
<tr>
<td>Unfathomable End Table</td>
<td>$150</td>
<td>Local artist Lansing Feltham crafted this end table based on sonar mappings of the Winderburg shoreline. This environmental study was carried out when the government tried to prove the existence of a long rumored sea-monster which locals affectionately referred to as Emily. While the results of the investigation were...</td>
</tr>
<tr>
<td>Au Naturel Slab</td>
<td>$230</td>
<td>There’s nothing artificial about this elegant hallway table. Don’t mind the termites, that’s the price you pay to bring the beauty of nature inside.</td>
</tr>
</tbody>
</table>
**Selfish Ethos Treadmill**
$900
Conduct your workouts in a socially and environmentally irresponsible manner, namely, indoors in an air conditioned gym with membership fees and a lengthy application designed to keep out the riffraff.

Environment: 2

**Tear Drip Drop Lamp - Long**
$150
Don’t be sad, the Tear Drip Drop Lamp is here to brighten your day! You’ll save money by not paying for superfluous things like lampshades, and in turn your room will be fully lit. That’s a win-win in anyone’s book!

**You Better Respect**
$1,500
Before you step up your muscle game, you better put some respect in your workout routine. Follow these common rules to practice good gym etiquette:
1) Wipe down gym equipment after every workout to remove sweat.
2) Absolutely no calls or texting near the

**Shine On Towel Rack**
$100
The glossy sheen on this towel rack’s veneer can be attributed to multiple years of bath towels being drenched across its surface that were coated with the residue of natural body oils.

Environment: 1

**Top Hitz Rock Climbing Wall**
$2,600
Here at Be Fit as a Fiddle Co. we aim for the top - and so can you!
Have you ever felt like your life goals are just out of reach? Struggling to climb the corporate ladder and failing just short? We’ve got the solution! Introducing our Top Hitz Rock Climbing Wall, featuring an

**Double Vision**
$860
When is a mirror not a mirror? Perhaps it’s when you gaze into the reflective surface and see an optical illusion. This mirror is no ordinary trick of the eye though, it’s simply double vision.

Environment: 1

**Moss Covered Stone**
$100
An ancient proverb states that “A rolling stone gathers no moss.” Well, don’t you worry - this stone won’t be rolling anywhere anytime soon. Decorate your home with these lovely moss covered stones to assert that you’re no longer part of life’s rat race, and are fully content loafing about while reveling in your success.

**Ode to Antique Climbing Walls**
$0
Back in the 20th century, Sims were known to use stationary climbing walls to simulate scaling a rock surface... can you imagine? How quaint! This sculptural piece hearkens back to those yesteryears... just don’t try and attach a carabiner to it.

**Naturewatch**
$200
Ansim Adams, descendant of the famous nature photographer, tried to launch his career by subverting his grandfather’s work through the use of full color photography. Unsurprisingly, art critics labeled this move as shallow and pedantic, and Ansim is a relatively unknown footnote in the history of photography.

**Fractal Rug**
$460
Subdivide the fractal pattern on this rug and it’ll be as if you received two rugs in one. Subdivide it again to quadruple your rug count! With this exponential growth, your floor will be fully carpeted in no time... I’ve run the numbers; the math checks out!

**Shag & Tell Runner Rug**
$190
What’s the use of a good shag rug if you can’t tell others about it? No need to be a gentleman: brag to all your friends about this sumptuous hand woven piece. Exquisitely crafted on a loom, the yarns and backing are joined together into one harmonious product that’s guaranteed to retain its flawlessness for years to come.

**Ascendant Portal**
$400
This portal only makes itself traversable to ascendant Sims, of which there is only one known to be in existence... the Grim Reaper himself. Some say a tide of restless, miserable souls would rend the portal open for a mere mortal, but this hearsay has never been shown to have a shred of credibility.
At One With Stone
$2
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

Tear Drip Drop Lamp - Short
$150
Don't be sad, the Tear Drip Drop Lamp is here to brighten your day! You'll save money by not paying for superfluous things like lampshades, and in turn your room will be fully lit. That's a win-win in anyone's book!

Wavestone
$2
Hold down the Shift key and click to apply a wall covering to the whole room or exterior.

Tear Drip Drop Lamp - Medium
$150
Don't be sad, the Tear Drip Drop Lamp is here to brighten your day! You'll save money by not paying for superfluous things like lampshades, and in turn your room will be fully lit. That's a win-win in anyone's book!

S. Swisher Auto Washing Window
$30
This innovative window from Mr. Swisher contains a patented, fully automatic washing system to ensure it's always crystal clear. A small motion detector scans the area to ensure no Sims are nearby, at which point the scrubbing brush is engaged and travels the length of the window.

Lean-To Learning
$300
The harmonious balance of this leaning bookshelf helps create the perfect feng shui for an environment conducive to reading, learning, and absorbing the teachings of renowned authors.

Fractal Window
$30
No matter how many times you duplicate this window, its fractal pattern remains the same. Therein lies the mathematical beauty of this accoutrement to architectural masterpieces.

Secret Stone
$125
This stone's secret only reveals itself in the dark of night! This is no mere rock... it happens to be an exquisitely crafted light fixture. It's interior has been hollowed out with a surface so thin that light passes through to emit a pleasant glow.

Fractal Door
$50
Anything nature can do, man can do better. Such is the nature of the Fractal Door, with an elegant bow tie pattern etched with mathematical precision to serve as the entryway to a home.
WORKOUT IN STYLE!

THE SIMS 4 FITNESS STUFF

Elevate your Sim's fitness and embody an active lifestyle with The Sims 4 Fitness Stuff. Challenge your Sims to scale the rock climbing treadmill as a fun way to burn energy and improve their physique. Choose from a collection of fashionable activewear, and decorate your Sim's home with nature-inspired objects and decor.

- Scale the Climbing Wall
- Get Fit in Style
- Shape Up Your Space

SIMSVIP.COM  KERRIBRILLINGER.COM

THIS GAME GUIDE WAS WRITTEN BY:

Simsvip

This is a guide for:
The Sims 4 Fitness Stuff (PC/MAC)

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*This is an unofficial game guide for the Sims 4 Fitness Stuff Pack (PC/MAC)