

# FINISH

6  
PRESS UPS

15"  
PLANK

6 BURPEES

20 JUMPING  
JACKS

6 LUNGES

10 SIT UPS

5 LEG RAISES

5 PRESS UPS

10 SIT UPS

5  
SHUTTLE  
RUNS

8 TRICEP  
DIPS

10 KICK  
BACKS

8 BURPEES

10 LEG  
RAISES

10 LUNGES

5  
LEG  
RAISES

5  
BURPEES

5  
TRICEP  
DIPS

10  
SQUATS

10  
HIP RAISES

4 SHUTTLE  
RUNS

5  
PRESS UPS

10  
SIT UPS

5  
BOX JUMPS

START

15"  
WALL SIT

10"  
PLANK

10 BACK  
KICKS

5  
SQUATS

DIFFICULTY  
LEVEL  
1

# Snakes and Ladders FITNESS VERSION

1. PLAYER WITH THE LEAST AMOUNT OF LETTERS IN THEIR FIRST NAME GOES FIRST.
2. CLIMB UP LADDERS.
3. SLIDE DOWN SNAKES.
4. IF YOU LAND ON A LADDER OR SNAKE YOU MUST PERFORM THE EXERCISE BEFORE MOVING UP OR DOWN.
5. IF YOU ROLL A 6 YOU GET AN EXTRA TURN.
6. YOU MUST LAND DIRECTLY ON THE FINISH SQUARE TO WIN.
7. IF YOUR FINAL ROLL TAKES YOU PAST THE FINISH YOU STAY WHERE YOU ARE AND PERFORM THAT EXERCISE AGAIN.
8. WINNING PLAYER PICKS A FORFEIT FROM THE BOARD FOR LOSING PLAYERS TO PERFORM.