

FINISH

10
PRESS UPS

25"
PLANK

8 BURPEES

30 JUMPING
JACKS

12 LUNGES

15 SIT UPS

10 LEG
RAISES

10 PRESS
UPS

15 SIT UPS

10
SHUTTLE
RUNS

12 TRICEP
DIPS

20 KICK
BACKS

10
BURPEES

15 LEG
RAISES

16 LUNGES

10
LEG
RAISES

8
BURPEES

10
TRICEP
DIPS

15
SQUATS

15
HIP
RAISES

8 SHUTTLE
RUNS

10
PRESS UPS

15
SIT UPS

10
BOX JUMPS

START

25"
WALL SIT

20"
PLANK

15 BACK
KICKS

10
SQUATS

DIFFICULTY
LEVEL
2

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.