

FINISH

15
PRESS UPS

35"
PLANK

12 BURPEES

40 JUMPING
JACKS

24 LUNGES

25 SIT UPS

20 LEG
RAISES

18 PRESS
UPS

25 SIT UPS

15
SHUTTLE
RUNS

20 TRICEP
DIPS

25 KICK
BACKS

15
BURPEES

20 LEG
RAISES

24 LUNGES

5
LEG
RAISES

12
BURPEES

20
TRICEP
DIPS

25
SQUATS

25
HIP
RAISES

12 SHUTTLE
RUNS

15
PRESS UPS

25
SIT UPS

20
BOX JUMPS

START

40"
WALL SIT

30"
PLANK

25 BACK
KICKS

20
SQUATS

DIFFICULTY
LEVEL

3

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.