

Start

10 Jumping Jacks



15 High Knees



10 Frog Jumps



10 Lunges



20s Butterfly



10s Leg Stretch (Both Legs)

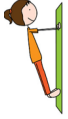


Choose a **CARDIO** exercise of your choice and do it 15s/15 times

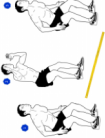
15 Sit Ups



20s Plank



25 Ski Jumps



30s Jog in Place



20s Sit & Reach



Fitness Monopoly Instructions

1. Each student gets their own colored marker
2. Decide who will go first
3. The first person will roll the dice and move that many spaces clockwise
4. Whichever exercise you land on, the whole group will perform it together
5. It is now the next persons turn

*If you land on a special spot (anything without an exercise and picture) do as it explains.



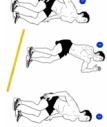
Fitness Monopoly



20s Jog In Place



20 Ski Jumps



10 Sit Ups



20s Plank



20s Touch Toes



Choose a **Muscular Strength** exercise of your choice and do it 15s/15 times

10s Arm Stretch (Both)



8 Frog Jumps



10 Squats



20 High Knees



20 Jumping Jacks



10s Shoulder stretch (Both)



Choose a **Flexibility** exercise of your choice and do it 20s