



Fitness

Monopoly

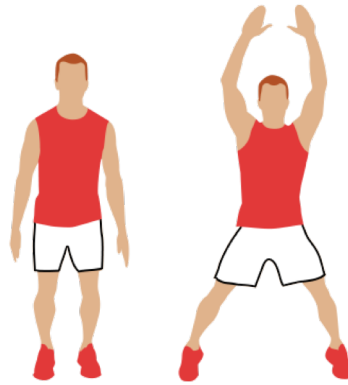


Fitness Monopoly Instructions

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.

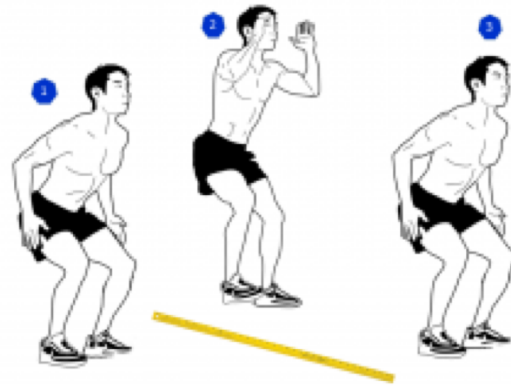
10 Jumping Jacks



10 High Knees



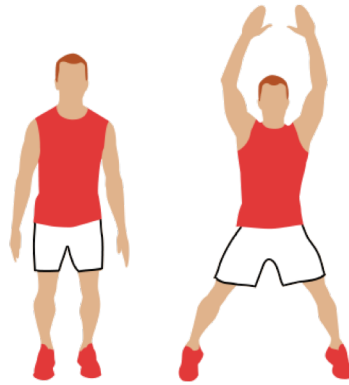
20 Ski Jumps



30 Seconds Jog in Place



15 Jumping Jacks



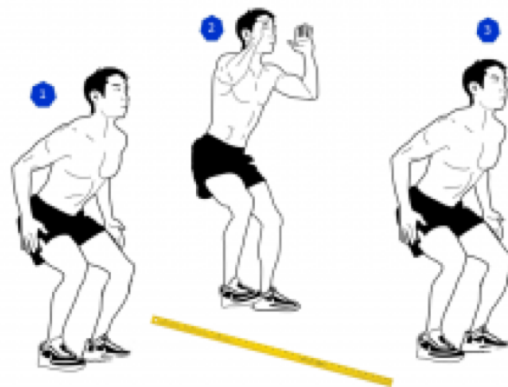
15 High Knees



40 Seconds Jog in Place



15 Ski Jumps



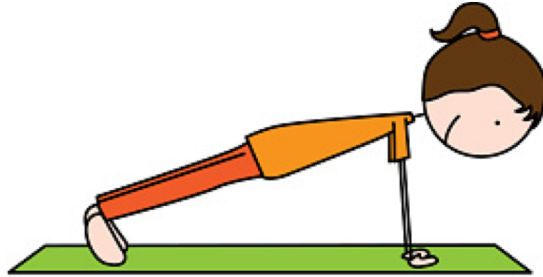
10 Frog Jumps



10 Lunges



20 Second Plank Hold



10 Sit-Ups



7 Frog Jumps



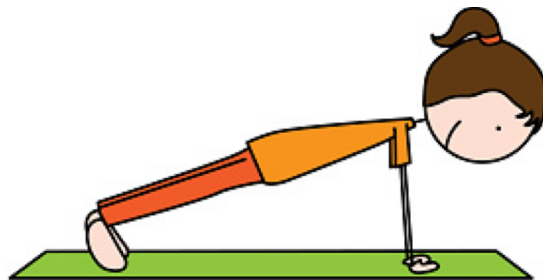
6 Squats



10 Sit-Ups



30 Second Plank Hold



20 Second Butterfly Stretch



15 Second Sit & Reach



10 Second Leg Stretch

(Each Leg)

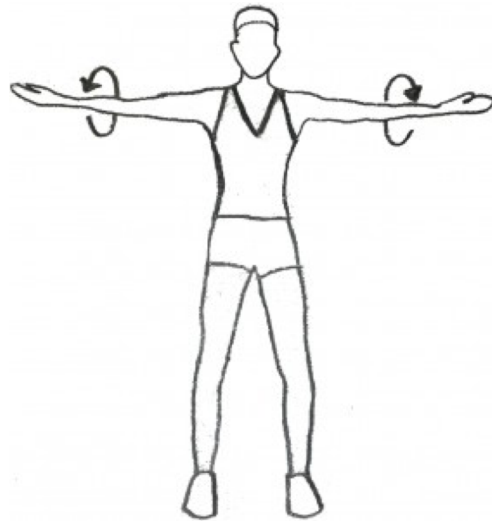


10 Second Cross Arm Stretch

(Each Arm)



20 Seconds Arm Circles



15 Seconds Windmills



20 Seconds Touch Toes



10 Seconds Shoulder Stretch

(Each Arm)



Start

Choose any exercise
of your choice and
perform it 10 times

Roll Again!

Skip 1 lap
around the
outside of
the gym

Roll Again!

Choose any exercise
of your choice and
perform it 10 times

Choose a **Flexibility**
Exercise of your
choice and hold it
for 20 seconds

Choose a **Muscular**
Strength exercise
of your choice and
perform it 10 times

Choose a **Cardio**
exercise of your
choice and perform
it 15 times

Gallop 1
time around
the outside
of the gym