

MONOPOLY FITNESS

DIRECTIONS

- Each player find a different coin to use as a game piece.
- Roll the dice, move your game piece and complete each activity.
- When you pass go give yourself 1 point.
- Good luck and have FUN!

@mrsbradenpe

<p>Water Break</p>	<p>30 Seconds High Knees</p> <p>Cardio</p>	<p>30 Seonds Push-up Hold</p> <p>Muscular Endurance</p>	<p>10 Seconds Of Deep Breaths</p>	<p>15 Squat Jumps</p> <p>Muscular Strength</p>	<p>30 Seconds Of Straddle Stretch</p> <p>Flexibility</p>	<p>25 Jumping Jacks</p> <p>Cardio</p>	<p>30 Seconds Plank Hold</p> <p>Muscular Endurance</p>	<p>10 Seconds Of Deep Breaths</p>	<p>10 Push-Ups</p> <p>Muscular Strength</p>	<p>Collect One Point As You Pass</p> <p>GO</p>		
<p>10 V-ups</p> <p>Muscular Strength</p>	<p>25 Jumping Jacks</p> <p>Cardio</p>	<p>30 Seconds Shoulder Touches</p> <p>Muscular Endurance</p>	<p>10 Seconds Of Deep Breaths</p>	<p>30 Seconds Of Pike Stretch</p> <p>Flexibility</p>	<p>30 Seconds Mountain Climbers</p> <p>Cardio</p>	<p>10 Seconds Of Deep Breaths</p>	<p>10 Side To Side Jumps</p> <p>Cardio</p>	<p>30 Seconds Of Pike Stretch</p> <p>Flexibility</p>	<p>10 Sit-Ups</p> <p>Muscular Strength</p>	<p>30 Seconds Of Deep Breaths</p>	<p>30 Seconds Squat Hold</p> <p>Muscular Endurance</p>	<p>30 Mountain Climbers</p> <p>Cardio</p>
<p>30 Seconds Wall Sit</p> <p>Muscula Endurance</p>	<p>10 Side Lunges</p> <p>Muscula Strength</p>	<p>30 Seconds High Jumps</p> <p>Cardio</p>	<p>10 Seconds Of Deep Breaths</p>	<p>10 Lunges</p> <p>Muscula Strength</p>	<p>Push-Up Hold</p> <p>Muscula Endurance</p>	<p>30 Seconds Of Straddle Stretch</p> <p>Flexibility</p>	<p>30 Seconds Jog In Place</p> <p>Cardio</p>	<p>10 Curl-Ups</p> <p>Muscular Strength</p>	<p>25 Jumping Jacks</p> <p>Cardio</p>	<p>10 Burpees</p> <p>Muscular Endurance</p>	<p>Roll Again!</p>	