

BACK TO START		10 SQUATS	10 CRUNCHES	10 PUSHUPS	TOUCH EVERY DOOR IN THE HOUSE	10 JUMPING JACKS	10 MOUNTAIN CLIMBERS	20 JUMPING JACKS	10 TOE TOUCHES	5 BURPEES	SKIP TO START!	
20 CRUNCHES	<div style="text-align: center; border: 1px solid black; padding: 20px;"> <h1>FITNESS MONOPOLY</h1> </div> <div style="text-align: center; border: 1px solid black; padding: 10px; margin-top: 20px;"> <p>DIRECTIONS: Take turns rolling 1 die, moving your game piece that number of spaces. Complete the activity in the square you land on. When your game piece gets around to the START square, get a drink of water and give yourself 1 point! Continue playing for 10-20 minutes. Everyone is a winner for completing a fun workout!</p> </div>										25 JUMPING JACKS	
20 HIGH KNEES											10 SQUAT JUMPS	
10 JUMPING JACKS											:30 WALL SIT	
20 ARM CIRCLES											15 PUSHUPS	
10 BURPEES											15 CRUNCHES	
5 SQUAT JUMPS											20 SQUATS	
15 MOUNTAIN CLIMBERS											20 MOUNTAIN CLIMBERS	
25 JUMPING JACKS											15 JUMPING JACKS	
10 ARM CIRCLES											10 BURPEES	
SKIP 5 SPACES!											:20 PLANK	20 CRUNCHES

