

<p><b>GO</b> ↓</p>	<p>SPEED JUMPING JACKS <b>30 SEC</b></p>	<p>ROLL AGAIN: USE 1 DICE UNTIL EVEN NUMBER. THEN ADVANCE.</p>	<p>STANDING MOUNTAIN CLIMBERS <b>30 SEC</b></p>	<p>SUBTRACT 1 NOW OR SUBTRACT 1 FROM YOUR ROLL NEXT TURN</p>	<p>GO BACK 2 SPACES</p>	<p>HIGH KNEES <b>30 SEC</b></p>	<p>5 SQUAT THRUSTS ROLL 1 DICE NEXT TURN</p>	<p>CROSS COUNTRY SKIING <b>30 SEC</b></p>	<p>SPRINT IN PLACE <b>30 SEC</b></p>	<p>DO 5 PUSH-UPS. THEN MOVE THE CLOSEST PLAYER TO YOU BACK 1 OR 2 SPACES. YOUR CHOICE.</p>
<p>SIDE TO SIDE SKI JUMPS <b>60 SEC</b></p>	<p style="text-align: center;"><b>EXERCISE MONOPOLY</b></p> <p style="text-align: center;">ROLL TWO DICE, OR DICE APP, TO MOVE AROUND THE BOARD. ROLL DOUBLES YOU REDO THE SPACE</p> <p style="text-align: center;">PLAYERS DETERMINE HOW MANY TIMES AROUND THE BOARD WINS THE GAME</p> <p style="text-align: center;">PLAYERS MUST GIVE MAXIMUM EFFORT AT EACH SPACE</p> <p style="text-align: center;">DRINK WATER AT LEAST EVERY 3 TURNS</p> <p style="text-align: center;">UNSURE OF EXERCISE: LOOK IT UP ON THE INTERNET</p> <p style="text-align: center;">LISTEN TO YOUR BODY AND BE SAFE</p> <p style="text-align: center;">HAVE FUN - COACH W. </p>									<p><b>60 SEC</b> SIDE FOREARM PLANK. 30 SECONDS EACH SIDE</p>
<p>ROLL AGAIN: USE 1 DICE UNTIL ODD NUMBER. THEN ADVANCE.</p>										<p><b>60 SEC</b> NEXT TURN ROLL 1 DICE UNTIL EVEN NUMBER. THEN ADVANCE.</p>
<p>MUMMIFY KICKS <b>60 SEC</b></p>										<p><b>60 SEC</b> FOREARM PLANK</p>
<p>3 BURPEES 1 DICE NEXT TURN</p>										<p><b>15</b> SECURE YOUR FEET: SIT-UPS</p>
<p>MOVE FORWARD 2 SPACES</p>										<p>GO BACK 1 SPACE</p>
<p>3 STEP SPRINTS SIDE TO SIDE <b>30 SEC</b></p>										<p><b>10</b> BODY SQUATS WITH VERTICAL JUMP</p>
<p>ROLL AGAIN 1 DICE THEN ADVANCE</p>										<p>ROLL AGAIN JUST 1 DICE. IF ODD # ADVANCE 3 SPACES. IF EVEN STAY HERE.</p>
<p>BASKETBALL SQUAT JUMP SHOTS <b>30</b></p>										<p><b>30 SEC</b> SQUAT FRONT KICKS</p>
<p>3 STEP SHUFFLES SIDE TO SIDE <b>30 SEC</b></p>										<p><b>10</b> FROG JUMPS UP AND BACK</p>
<p>DO 5 PUSH-UPS. THEN MOVE FURTHEST PLAYER FROM YOU FORWARD 1 OR 2 SPACES. YOUR CHOICE.</p>										<p><b>10</b> ALTERNATE LEG LUNGES</p>