



10 JUMPING JACKS



10 SIT-UPS



15 CRAB DIPS



10 LUNGES



20 WINDMILLS



20 SECOND  
STRETCH



20 SECOND  
1 LEG BALANCE

# FITNESS THE BOARD GAME

## Directions:

- Each person should pick something in the house as their game piece such as a coin, paper clip, button, etc.
- Roll a die and move your game piece to that square and perform the assigned task.
- Each time you pass "START," you get 1 point. Person with the most points, wins!



BEAR CRAWL 1 LAP



5 SQUATS



10 HOPS X 2



20 SECOND  
BUTTERFLY STRETCH



20 SECOND  
STRETCH

SPORT-FOLIO



10 PUSH-UPS



SKIP 1 LAP



1 MINUTE WALL SIT

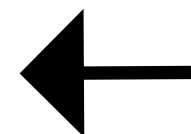


20 KNEE TAPS



RUN 1 LAP

## START





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