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!

Collect One Point As You Pass

GO

Water Break

30 Seconds High Knees — Cardio

30 Seconds Push-up Hold — Muscular Endurance

10 Seconds Of Deep Breaths

15 Squat Jumps — Muscular Strength

30 Seconds Of Straddle Stretch — Flexibility

25 Jumping Jacks — Cardio

30 Seconds Plank Hold — Muscular Endurance

10 Seconds Of Deep Breaths

10 Push-Ups — Muscular Strength

Go To Water Break

30 Seconds High Jumps — Cardio

10 Seconds Of Deep Breaths

10 Lunges — Muscle Strength

Push-Up Hold — Muscle Endurance

30 Seconds Straddle Stretch — Flexibility

30 Seconds Jog In Place — Cardio

10 Curl-Ups — Muscular Strength

25 Jumping Jacks — Cardio

10 Burpees — Muscular Endurance

Roll Again!

30 Mountain Climbers — Cardio

30 Seconds Squat Hold — Muscular Endurance

30 Seconds Of Deep Breaths

10 Sit-Ups — Muscular Strength

30 Seconds Of Pike Stretch — Flexibility

10 Side To Side Jumps — Cardio

10 Seconds V-Sit Hold — Muscular Endurance

25 Jumping Jacks — Cardio

10 Squats — Muscular Strength

10 Seconds Of Deep Breaths

10 Side Lunges — Muscula Strength

30 Seconds Wall Sit — Muscula Endurance

10 Seconds Of Deep Breaths

30 Seconds Mountain Climbers — Cardio

30 Seconds Of Pike Stretch — Flexibility

10 Seconds Of Deep Breaths

30 Seconds Shoulder Touches — Muscular Endurance

25 Jumping Jacks — Cardio

10 V-ups — Muscular Strength