

BACK TO START!

Star Jumps
7 x

Elbow Plank
10 sec

10 JUMPING JACKS!

Wall Sit
20 sec

10 ABC Push-Ups

15 JUMPING JACKS!

V-SIT
10 sec

20 ABC Push-Ups

Arm Circles
20 x

SKIP 5 SPACES!

Squat Jumps!
5 x

Toe Touches!
8 x

Mountain Climbers
10 x

TOUCH EVERY DOOR IN THE HOUSE!

10 JUMPING JACKS

ABC PUSH-UPS
20 x

15 JUMPING JACKS

Butterfly stretch!
10 sec

BURPEES
5 x

SKIP TO START!

15 JUMPING JACKS!

10 ABC Push-Ups

Mountain Climbers x 14

Star Jumps
7 x

15 ABC Push-Ups

Wall Sit
15 sec

High Knees
20 x

10 JUMPING JACKS!

Squat Jumps
7 x

START

FITNESS MONOPOLY

-Take turns rolling the dice, moving your game piece, and completing the activity in the square.

-When your piece gets around to the **START**, get a drink of water and give yourself 1 point!

10 JUMPING JACKS

Mountain Climbers
10 x

Butterfly stretch!
10 sec

15 JUMPING JACKS

Squats
10 x

Do a Burpee in your bedroom!

V-SIT
7 sec

ABC PUSH-UPS
15 x

