

**BACK TO START**

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!**

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

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

# 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!

**SKIP 5 SPACES!**

Elbow Plank  
15 sec

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

**START**

