

15 SIT UPS	15 STEP UPS	10 BENCH DIP	20 HIGH KNEES	FINISH	
20 SECOND PLANK	10 PRESS UPS	15 STAR JUMPS	20 SECOND WALL SIT		15 HIGH KNEES
15 LUNGES	8 BURPEES	8 SQUAT JUMPS	8 LEG RAISES		15 SQUATS
15 STEP UPS	8 BENCH DIPS	8 PRESS UPS	15 SIT UPS		15 STAR JUMPS
START	20 SECOND WALL SITT	15 SECOND PLANK	15 HIGH KNEES		15 SQUATS

RULES

1. The player with the least amount of letters in their name goes first.
2. Climb **UP** the ladders and **DOWN** the snakes.
3. If you land on a ladder or snake, you **MUST** complete that exercise before moving up or down.
4. If you roll a 6 you get an extra turn.
5. You must land directly on finish to win the game.
6. If your roll takes you past finish you stay on the square you are currently on and must repeat the exercise.
7. The winner gets to choose a forfeit off the board for the other player(s) to do.

10 TOUCH YOUR TOES	10 LAY DOWN, STAND UPS	6 SIT DOWN, STAND UPS	15 TOUCH YOUR TOES	FINISH
10 SECONDS BALANCE HOLD	8 FROG JUMPS	10 STAR JUMPS	10 SECONDS BALANCE ON ONE LEG	
10 BUNNY HOPS	5 HOPS ON ONE LEG	5 SKIPS ON THE SPOT	5 SECONDS BALANCE ON ONE LEG	
10 LAY DOWN STAND UPS	4 SIT DOWN, STAND UPS	5 FROG JUMPS	10 SECOND BALANCE HOLD	
START	15 SECONDS BALANCE ON ONE LEG	10 STAR JUMPS	10 TOUCH YOUR TOES	

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You will need:

- ✓ Scissors
- ✓ Glue/ Cellotape

Cut out the dice on the
solid lines. Fold on the
dotted lines. Glue or
tape the dice together
with the tabs.

