






















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!

 Water Break	30 Seconds High Knees Cardio	30 Seonds Push-up Hold Muscular Endurance	10 Seconds Of Deep Breaths 	15 Squat Jumps Muscular Strength	30 Seconds Of Straddle Stretch 	25 Jumping Jacks 	30 Seconds Plank Hold Muscular Endurance	10 Seconds Of Deep Breaths 	10 Push-Ups Muscular Strength	Collect One Point As You Pass  
 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 	10 Side To Side Jumps Cardio	10 Seconds V-Sit Hold Muscular Endurance	25 Jumping Jacks 	10 Squats Muscular Strength	Go To Water Break 
30 Seconds High Jumps Cardio	10 Seconds Of Deep Breaths 	10 Side Lunges Muscular Strength	30 Seconds Wall Sit Muscular Endurance	30 Seconds Mountain Climbers Cardio	30 Seconds Of Pike Stretch 	30 Seconds Shoulder Touches Muscular Endurance	25 Jumping Jacks 	30 Seconds Of Deep Breaths 	10 V-ups Muscular Strength	30 Seconds Push-Up Hold Muscular Endurance
30 Seconds Of Straddle Stretch Flexibility	30 Seconds Jog In Place Cardio	30 Seconds Push-Up Hold Muscular Endurance	30 Seconds Of Straddle Stretch Flexibility	30 Seconds Of Straddle Stretch Flexibility	30 Seconds Jog In Place Cardio	30 Seconds Of Straddle Stretch Flexibility	30 Seconds Push-Up Hold Muscular Endurance	30 Seconds Of Straddle Stretch Flexibility	30 Seconds Push-Up Hold Muscular Endurance	30 Seconds Of Straddle Stretch Flexibility
25 Jumping Jacks Cardio	30 Seconds Of Deep Breaths 	10 Curl-Ups Muscular Strength	30 Seconds Of Straddle Stretch Flexibility	30 Seconds Of Straddle Stretch Flexibility	30 Seconds Jog In Place Cardio	30 Seconds Push-Up Hold Muscular Endurance	30 Seconds Of Straddle Stretch Flexibility	30 Seconds Of Straddle Stretch Flexibility	30 Seconds Push-Up Hold Muscular Endurance	30 Seconds Of Straddle Stretch Flexibility
10 Squats Muscular Strength	10 V-ups Muscular Strength	30 Seconds Of Deep Breaths 	15 Squat Jumps Muscular Strength	30 Seconds Of Straddle Stretch 	25 Jumping Jacks 	30 Seconds Plank Hold Muscular Endurance	10 Seconds Of Deep Breaths 	10 Push-Ups Muscular Strength	30 Seconds High Jumps Cardio	30 Seconds Wall Sit Muscular Endurance