

WELCOME TO FITNESSLAND!

Start	1 Do 30 Jumping Jacks Cardiovascular	2 Do 10 push-ups. Arm strength	3 Arm Bump everyone in your house. Cooperation	4 Do 10 squats. Leg strength	5 Oh! Sorry, but sugar has slowed you down. Go back 2 spots.
	11 Twist from left to right 20 times. Flexibility	10 Jump up and down 30 times. Cardiovascular	9 Stretch your hamstrings for 20 seconds. Keep legs straight and touch your toes. Flexibility	8 Mountain Pose for 30 seconds. Flexibility, relaxation	7 Run in place as fast you can for 30 seconds. Speed, cardiovascular
12 Do 10 frog jump Jumps. Cardiovascular	13 Do side to side stretches for 20 seconds. Flexibility	14 Do high knees for 20 seconds. Cardiovascular	15 Cat-Cow pose for 20 seconds. Flexibility, relaxation	16 Give a compliment to someone in your house. Social awareness	17 Oh, no! Not enough exercising has made you weak. Go back 2 spots.
23 Warriors pose for 30 seconds. Flexibility, relaxation	22 Do Superman for 30 seconds. Flexibility	21 Sing your favorite song for 30 seconds, to someone in your house.	20 Do 10 lunges. Leg strength	19 Do 20 crunches. Abdominal strength	18 Balance on toes, with one foot, one hand on head, and one hand on nose for 30 seconds.
24 You skipped your breakfast and have no energy. Go back 3 spots.	25 Do 10 burpees. Cardiovascular	26 Smile, showing your teeth for a count of 15.	27 Do 10 Power (Squat) Jumps. Leg Strength	28 Child's pose for 30 seconds. Flexibility, relaxation	29 Do bicycle kicks for 30 seconds. Cardiovascular
35 Downward Dog pose for 20 seconds. Flexibility, relaxation	34 Dance, moving arms and legs for 30 seconds. Aerobic	33 Thumb wrestle with someone in your house 30 seconds. Reaction time	32 Do 30 mountain climbers. Cardiovascular	31 Crisscross stretches for 20 seconds. Flexibility	30 Sit on floor with arms crossed, and get up and down 7 times. Balance
36 Do plank for 30 seconds. Abdominal strength	37 Do 30 ski Jumps. Cardiovascular	38 Butterfly stretch for 30 seconds. Flexibility	39 You didn't take your vitamins and now you're tired. Take a 30 second nap.	40 Robot Dance for 30 seconds. Flexibility	Finish!

How this game works: You need one die, 🎲 1-4 friends to play against, and one small object (a bean, coin, piece of paper) to mark your position. Roll the die and move your piece according to the number of dots you got. Do the challenge in the box you landed on. Take turns with your players. The player that gets to the FINISH! box first WINS!