

**BACK TO
START**

Squat
Jumps!
5 x

Toe
Touches!
8 x

Mountain
Climbers
10 x

**TOUCH
EVERY
DOOR IN
THE
HOUSE!**

10
JUMPING
JACKS

Jog on
the spot
20 sec

15
JUMPING
JACKS

Butterfly
stretch!
10 sec

BURPEES
5 x

Go To
Water
Break

Star Jumps
7 x

Elbow Plank
10 sec

10 JUMPING
JACKS!

Wall Sit
20 sec

Run up + down the
stairs (or around the
house)

15 JUMPING
JACKS!

Jog on the spot
15 sec

Press ups
15 x

Arm Circles
20 x

Elbow
Plank
15 sec

10
JUMPING
JACKS

Mountain
Climbers
10 x

Jump on
the spot
1 minute

15
JUMPING
JACKS

Squats
10 x

Do a
Burpee in
your
bedroom!

Jog on
the spot
20 sec

Hop around
the room
5x

START



15 JUMPING
JACKS!

Run around the
garden (or room)

Mountain
Climbers x 14

Star Jumps
7 x

Balance on 1 leg
1 minute

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!

Water
Break

