






|   |   |                                       |                              |   |
|---|---|---------------------------------------|------------------------------|---|
|     | Roll<br>1<br>More<br>Dice   | Skip in<br>place for<br>30<br>Seconds | Move<br>3<br>Ahead<br>Spaces |     |
|   | <h1>MOVEMENT</h1>   |                                       |                              |   |
|   |   |                                       |                              |   |
| High<br>Knees<br>for 30<br>Seconds  | Start in ANY of the four<br>corners of the board.<br>Roll the dice and move around<br>the game board.<br>When you land on a space you<br>get to perform that<br>exercise.<br>If you land on a colored space,<br>roll the dice again and do the<br>exercise that many times. |                                       |                              | Plank<br>for<br>30<br>Seconds   |
| RUN<br>IN PLACE<br>FOR 30<br>SECONDS  |   |                                       |                              | 5<br>Power<br>Jumps   |
|   |   |                                       |                              | Spin like<br>a Fidget<br>Spinner<br>10<br>Seconds                                     |
| Spin like<br>a Fidget<br>Spinner<br>15<br>Seconds                                   |   |                                       |                              | Choose<br>an<br>exercise<br>from the<br>board   |
|  | Choose<br>an<br>exercise<br>for<br>someone<br>else  | Dance<br>to a<br>Song                 | Wash<br>your<br>hands        | Sorry!<br>Roll<br>the<br>Dice<br>Again  |
|   |   |                                       |                              |  |

**JUMPING JACKS**

**ABDOMINAL TWISTS**

**MOUNTAIN CLIMBERS**

**PLANK**

**NO EXERCISE**

**POWER JUMPS**

**PUSH-UPS**

**CRAB KICKS**