

14+6 JUMPING JACKS	10-3 PUSH UPS	10 SECOND BUTTERFLY STRETCH	4+4 SKI JUMPS	10-2 BELL JUMPS	10 SECOND TOE TOUCH STRETCH	11-1 SECOND PLANK	6+6 MOUNTAIN CLIMBERS	Bonus Sip of Water	14-2 STAR JUMPS	6+8 SQUATS	CHOOSE ANY EXERCISE TO DO!	7+7 TOTAL LUNGES	5+5 ARM CIRCLES	Bonus Dice Roll!	7+2 SUMO SQUATS	6+4 MODIFIED PUSH UPS	EVERYONE DOES 3+7 SKI JUMPS	15-5 SIT UPS	GIVE ANOTHER PLAYER AN EXERCISE TO DO FOR 10 SECONDS
8+0 SUMO SQUATS	<div><div><div></div><div></div><div></div></div><div><h1>Fitness Mathopoly</h1><ul style="list-style-type: none">• All you need is a dice, this board, and your math brain.• Use any of the shapes on “Start” as your game piece.• Roll the dice, move your piece that many spaces, solve the math problem, and perform the exercise that many times.• Whenever you pass “Start” give yourself a point on the Scoreboard and take a drink of water.• The first player to get to 5 points wins.• Have water ready for when you get thirsty.<div>When You Pass Start:<ul style="list-style-type: none">• Give yourself a point• Drink Water</div></div></div>																		18-6 FROG JUMPS
14-4 ARM CIRCLES																			8+4 BELL JUMPS
PICK ANY STRETCH TO DO!																			Bonus Sip of Water
1+4 PUSH UPS																			8+8 SQUATS
Bonus Sip of Water																			10 SECOND BUTTERFLY STRETCH
7-2 FROG JUMPS																			10 SECOND TOE TOUCH STRETCH
3+5 SQUATS																			20-4 TOTAL LUNGES
10 SECOND BUTTERFLY STRETCH																			9+9 JUMPING JACKS
9-1 SKI JUMPS	<div>When You Pass Start:<ul style="list-style-type: none">• Give yourself a point• Drink Water</div>																		15 SECOND PLANK
GIVE ANOTHER PLAYER AN EXERCISE TO DO FOR 10 SECONDS																			Start!
3+7 SECOND PLANK	9-4 JUMPING JACKS	Bonus Dice Roll!	7-2 SIT UPS	CHOOSE ANY EXERCISE TO DO!	Bonus Sip of Water	2+3 SQUATS	10 SECOND BUTTERFLY STRETCH	10-5 TOTAL LUNGES	8-2 STAR JUMPS	4+1 SKI JUMPS	EVERYONE DOES 10 STAR JUMPS	8-3 ARM CIRCLES	10 SECOND TOE TOUCH STRETCH	Bonus Dice Roll!	3+2 FROG JUMPS	CHOOSE ANY EXERCISE TO DO!	6-1 SUMO SQUATS		