



SNAKES AND LADDERS

Rules of the game

General Rules

- You must get from start to finish.
- Place a marker on the start point.
- Roll a dice (or download one) to move you marker.
- You must complete the exercise that each colour represents
- If you roll a **SIX** you must **DOUBLE** the reps or time for that exercise.
- For every **LADDER** you make you must **run on the spot with high knees for 10 secs.**
- For every **SNAKE** you hit you must **squat 10 times.**

To Win

- You must roll the **exact number** to land on the finish spot.
- Your Heart Rate must be **at 80% of your Max Heart Rate** (220 – age) S1-4 (163-166bpm)
- If not you will be on a white square so choose an exercise that helps you achieve this.
(and yes that could mean resting for 30 seconds)

COLOUR CODE EXERCISES

RED – CARDIO FOR 30 SECS.

BLUE – UPPER BODY EXERCISE X 20 REPS.

YELLOW – ABDOMINAL EXERCISE X 20 REPS.

GREEN – REST PERIOD 30 SECS.

PURPLE – LOWER BODY EXERCISE X 20 REPS.

DARK BLUE – WALL SIT FOR 30 SECS.

WHITE – DEALERS CHOICE CHOOSE YOUR EXERCISE EITHER 30 SECS OR 20 REPS.

ORANGE – ODD ROLL = LOWER BODY EXERCISE + EVEN ROLL = UPPER BODY EXERCISE

ORANGE – CHOOSE YOUR PARTNERS EXERCISE EITHER 30 SEC OR 20 REPS.

(SINGLE PLAYER)

(MUTI PLAYER)

Exercise Ideas

Cardio

High Knees
Stair runs

Heel Flicks (Butt Kicks)
Burpees

Jumping Jacks
Fast Feet

UPPERBODY

PRESS UPS
TRICEP DIPS

Plank Up Downs
DIAMOND PUSH UPS

INCLINE PUSH UPS
ARM CIRCLES

ABDOMINAL

SITUPS
BICYCLE

PLANK HOLD
RUSSIANS TWISTS

CRUNCHES
FLUTTER KICK

LOWER BODY

SQUATS
STEP UPS

MOUNTAIN CLIMBERS
LUNGES

BEAR CRAWL
CALF RAISES