

Monopoly Fitness

Tips to play at home

- Use 'freeonlinedice.com' if you don't have a dice
- When playing in a group, decide the winning number of points (first player to receive 10 points wins)
- You could play individually and count the number of points you get in a set playing time (e.g. 20 mins) and try to improve that next time



Choose your level!

- Bronze – use reps on board
- Silver – add 5 extra reps/seconds to every exercise
- Gold – add 10 extra reps/seconds to every exercise

		Muscular Endurance 10 Burpees	Cardio 95 Jumping Jacks	Muscular Strength 10 Curl-Ups	Cardio 30 Seconds Jog In Place	Flexibility 30 Seconds Of Straddle Stretch	Muscular Endurance Push-Up Hold	Muscular Strength 10 Lunges	Cardio 10 Seconds Of Deep Breaths	Cardio 30 Seconds High Jumps	Go To Water Break							
Cardio 30 Mountain Climbers	Muscular Endurance 30 Seconds Squat Hold	<div style="text-align: center;"> <p>DIRECTIONS</p> <ul style="list-style-type: none"> - Each player find a different coin to use as a game piece. - Roll the dice, move your game piece and complete each activity. - When you pass so give yourself 1 point. - Good luck and have FUN! </div>						Muscular Strength 10 Side Lunges	Muscular Endurance 30 Seconds Wall Sit	Cardio 10 Seconds Of Deep Breaths	Muscular Strength 10 Side Lunges	Cardio 30 Seconds Mountain Climbers	Flexibility 30 Seconds Of Pike Stretch	Cardio 10 Seconds Of Deep Breaths	Muscular Endurance 30 Seconds Shoulder Touches	Cardio 25 Jumping Jacks	Muscular Strength 10 V-ups	
Muscular Strength 10 Sit-Ups	Flexibility 30 Seconds Of Pike Stretch							Cardio 10 Side To Side Jumps	Muscular Endurance 10 Seconds V-Sit Hold	Cardio 25 Jumping Jacks	Muscular Strength 10 Squats	Muscular Endurance 30 Seconds Of Deep Breaths	Flexibility 15 Squat Jumps	Cardio 25 Jumping Jacks	Muscular Endurance 30 Seconds Plank Hold	Cardio 10 Seconds Of Deep Breaths	Muscular Strength 10 Push-Ups	Collect One Point As You Pass GO
Cardio 30 Seconds Of Deep Breaths	Muscular Strength 10 Sit-Ups							Cardio 10 Side To Side Jumps	Muscular Endurance 10 Seconds V-Sit Hold	Cardio 25 Jumping Jacks	Muscular Strength 10 Squats	Cardio 30 Seconds High Knees	Muscular Endurance 30 Seconds Push-up Hold	Cardio 10 Seconds Of Deep Breaths	Muscular Endurance 30 Seconds Plank Hold	Cardio 10 Seconds Of Deep Breaths	Muscular Strength 10 Push-Ups	Collect One Point As You Pass GO
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