

### The Fitness Grid

- Each player has a grid sheet containing numbers 1 – 100.
- Players go at the same time.
- Roll a dice and perform the exercise after the number.
- You move up the grid by the amount of reps in exercises, eg if you complete 5 jumping jacks, you move up 5 spaces.
- The first person to get to 100 is the winner. Can you beat your partner?

### Dice Throws

- 1 = 8 Sit Ups
- 2 = 9 Jumping Jacks
- 3 = 6 Burpees
- 4 = 7 Mountain Climbers
- 5 = 5 Squat Jumps
- 6 = 4 Push Ups

### Change & Challenge

- If you don't have a dice, you can write numbers on some spare paper and pick them out of a hat or bag.
- You can change the exercises and make them any points value you like.

|    |    |    |    |    |    |    |    |    |     |
|----|----|----|----|----|----|----|----|----|-----|
| 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10  |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20  |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30  |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40  |
| 41 | 42 | 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50  |
| 51 | 52 | 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60  |
| 61 | 62 | 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70  |
| 71 | 72 | 73 | 74 | 75 | 76 | 77 | 78 | 79 | 80  |
| 81 | 82 | 83 | 84 | 85 | 86 | 87 | 88 | 89 | 90  |
| 91 | 92 | 93 | 94 | 95 | 96 | 97 | 98 | 99 | 100 |