











# PhysicalEDvantage

## Snakes and Ladders (Intermediate)

### Rules

1. Role the dice and complete the exercise you land on
2. Move up the ladder once you have completed the exercise
3. Move down the snake once you have completed the exercise
4. First player to 25 wins

21 30 SECOND SIDE PLANK (EACH SIDE)  20 FREE CHOICE	22 15 BURPEES 	23 25 HIGH KNEES	24 10 PUSH UPS	25 
11 12 SIT UPS 10 30 SECOND PLANK	12 TOUCH EVERY DOOR IN THE HOUSE (40 SECONDS)	13 1 MINUTE WALL SIT 	14 30 SECONDS BICYCLE CRUNCH 	16 10 BURPEES 
1 START	9 15 JUMPING SQUATS 	8 20 HIGH KNEES 	7 10 WIDE PUSH UPS	6 10 LUNGES 
	2 12 PUSH UPS 	3 15 JUMPING SQUATS	4 10 MOUNTAIN CLIMBERS	5 20 BURPEES 