

Fitness Monopoly

Here is how it works:

1. Write out about 20 different activities on cards and place them in the shape of a Monopoly board. Activities can be anything from jumping jacks to planks to toe touches. For added difficulty, you could divide them into: orange for cardio, blue for strength and red for flexibility.
2. Take turns rolling the dice and completing the activities you land on.
3. Every time you pass go you get a token, first to ten tokens wins.

The List of Activities:

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| 1. Jumping jacks | 6. Arm circles | 11. Stand on one leg |
| 2. Crunches | 7. Minute Wall Sit | 12. 10 second plank |
| 3. Squats | 8. Frog jump | 13. Front lunges |
| 4. Burpees | 9. Jump rope | 14. Back lunges |
| 5. High Knees | 10. 10 seconds jog in place | 15. Pushups |

