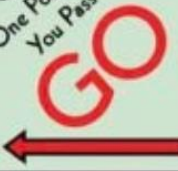


 Water Break		30 Squats Muscular Strength	25 Jumping Jacks Cardio	10 Seconds V-Sit Hold Muscular Endurance	10 Side To Side Jumps Cardio	30 Seconds Of Pike Stretch Flexibility	10 Side Upns Muscular Strength	30 Seconds Of Deep Breaths Muscular Strength	30 Mountain Climbers Cardio	10 Side Lunges Muscular Strength	30 Seconds Wall Sit Muscular Endurance
30 Seconds High Knees Cardio		30 Seconds Push-up Hold Muscular Endurance	10 Seconds Of Deep Breaths  Cardio	15 Squat Jumps Muscular Strength	30 Seconds Of Straddle Stretch  Flexibility	25 Jumping Jacks  Cardio	30 Seconds Plank Hold Muscular Endurance	10 Seconds Of Deep Breaths  Muscular Strength	10 Push-Ups Muscular Strength	Collect One Point As You Pass 	
 MONOPOLY FITNESS DIRECTIONS - 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 go give yourself 1 point. - Good luck and have FUN!											
10 Squats Muscular Strength	25 Jumping Jacks Cardio	10 Seconds V-Sit Hold Muscular Endurance	10 Side To Side Jumps Cardio	30 Seconds Of Pike Stretch Flexibility	10 Side Upns Muscular Strength	30 Seconds Of Deep Breaths Muscular Strength	30 Mountain Climbers Cardio	10 Side Lunges Muscular Strength	30 Seconds Wall Sit Muscular Endurance	Go To  Water Break	
Roll Again! 		Cardio 30 Seconds High Jumps Muscular Endurance									
Cardio 30 Seconds Of Straddle Stretch Flexibility		Cardio 30 Seconds Jog In Place Cardio		Muscular Strength 10 Curl-Ups Muscular Strength		Cardio 25 Jumping Jacks Cardio		Muscular Endurance 10 Burpees Muscular Endurance		Roll Again! 	