

SECONDS 10 HIGH KNEES

SECONDS 50 HIGH KNEES SECONDS 30 HIGH KNEES

SECONDS
ONE FEG LOB 30
BYTHICE ON



WALL SIT SECONDS

SECONDS 30 WALL SIT



SQUATS

SQUATS

CIRCLES 10 SECONDS

CIRCLES 20 SECONDS

ARM

SIT UPS

SIT UPS





BURPEES X 10

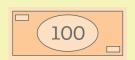
> BURPEES X 5



Rules

- 1. Roll the dice, move your player & complete the activity
- 2. Every time you pass go you get a point
- 3. First person to 3 points is the winner

Extra Challenge: Can you create your own Active Monopoly using different activities?







Want to make it harder?

- 1. Double the activities in the box
- 2. Increase the points to win the game

Want to make it easier?

- 1. Halve the activities in the box
- 2. Decrease the points to win the game?



PRESS UPS X 10

PRESS UPS X 5 PRESS UPS X 3





STAR JUMPS X 10 STAR JUMPS X 5

