

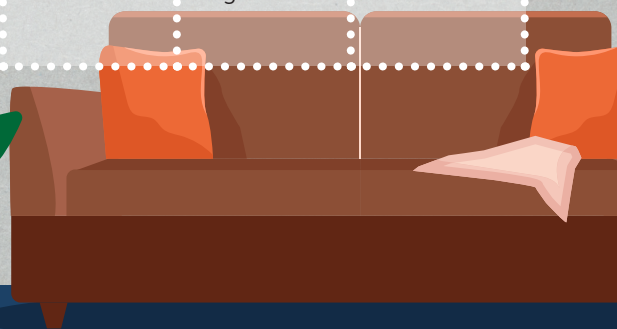
Exercise Snakes & Ladders



finish

start

64 Drink break	63 Miss a turn	62 30 sec plank hold	61 10 crunches	60 March on the spot for 1 min	59 Touch every door in the house	58 Dance for 1 min	57 10 tricep dips
49 10 arm circles	50 5 deep breaths	51 20 jumping jacks	52 Go back 4	53 Drink break	54 20 jumping jacks	55 Move forward 4	56 15 stepping lunges
48 Go back 2	47 March or jog on the spot for 1 min	46 Rest	45 Dance for 1 min	44 10 arm circles	43 30 sec wall sit	42 Balance on 1 leg for 30 sec	41 Touch every door in the house
33 10 squats	34 15 mountain climbers	35 10 press ups	36 10 squats	37 10 push ups	38 10 squats	39 5 deep breaths	40 30 sec plank hold
32 Drink break	31 15 stepping lunges	30 Go back 3	29 10 tricep dips	28 Rest	27 10 push ups	26 10 press ups	25 10 press ups
17 Touch every door in house	18 10 crunches	19 10 arm circles	20 30 sec wall sit	21 March on the spot for 1 min	22 10 arm circles	23 Go back 5	24 10 push ups
16 10 push ups	15 Dance for 1 min	14 20 jumping jacks	13 30 sec wall sit	12 March on the spot for 1 min	11 Rest	10 Miss a turn	9 Miss a turn
1 Balance on 1 leg for 30 sec	2 Balance on 1 leg for 30 sec	3 10 tricep dips	4 30 sec plank hold	5 Move forward 2	6 Rest	7 15 stepping lunges	8 10 crunches



ACTIVE
MONASH

