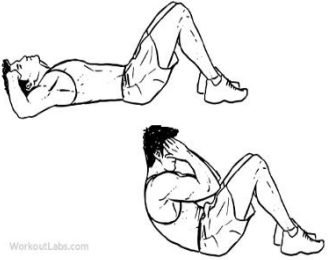
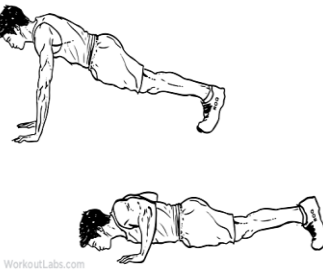

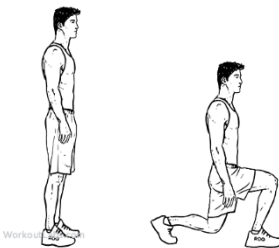

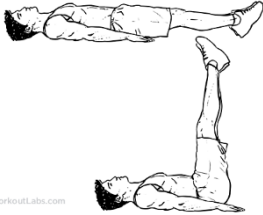
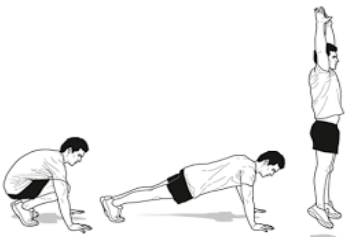
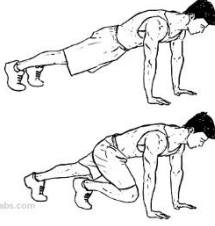

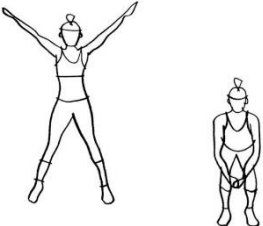


30. SIT UPS	31. LEG RAISES	32. PLANK	33. MOUNTAIN CLIMBERS	34. BURPEES	FINISH
29. REST	28. PRESS UPS	27. WALL SQUAT	26. LEG RAISES	25. BURPEES	
20. STAR JUMPS	21. MOUNTAIN CLIMBERS	22. LUNGES	23. PLANK	24. BICYCLE CRUNCHES	
20. BICYCLE CRUNCHES	19. STAR JUMPS	18. BURPEES	17. MOUNTAIN CLIMBERS	16. LEG RAISES	
11. PRESS UPS	12. SIT UPS	13. WALL SQUAT	14. LUNGES	15. PLANK	
10. BICYCLE CRUNCHES	9. STAR JUMPS	8. BURPEES	7. MOUNTAIN CLIMBERS	6. LEG RAISES	
1. PRESS UPS	2. SIT UPS	3. WALL SQUAT	4. LUNGES	5. PLANK	
START					

1. Student with the shortest 1st name goes first.
2. Climb UP ladders.
3. Slide DOWN Snakes.
4. If you land on a Snake or a Ladder you must before the exercise BEFORE moving up or down.
5. If you roll a 6 you get an extra go.
6. You must land DIRECTLY on the finish square (34) to win.
7. If your final roll takes you past the finish square you must stay on the square you are on and repeat the exercise.
8. Winning players performs a forfeit from the bored for the Loser(s) to perform.

<p style="text-align: center;">Sit Ups</p>  <p style="text-align: center;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>	<p style="text-align: center;">Press Ups</p>  <p style="text-align: center;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>
<p style="text-align: center;">Wall Squat (Hold)</p>  <p style="text-align: center;">Develop – 10 Seconds Meeting – 15 Seconds Exceeding – 20 Seconds</p> <p><small>WorkoutLabs.com</small></p>	<p style="text-align: center;">Lunges</p>  <p style="text-align: center;">Develop – 10 Meeting – 15 Exceeding - 20</p> <p><small>WorkoutLabs.com</small></p>
<p style="text-align: center;">Plank (Hold)</p>  <p style="text-align: center;">Develop – 10 seconds Meeting – 15 seconds Exceeding – 20 seconds</p> <p><small>WorkoutLabs.com</small></p>	<p style="text-align: center;">Leg Lifts</p>  <p style="text-align: center;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>
<p style="text-align: center;">Burpees</p>  <p style="text-align: center;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>	<p style="text-align: center;">Mountain Climbers</p>  <p style="text-align: center;">Develop – 10 Meeting – 15 Exceeding - 20</p> <p><small>WorkoutLabs.com</small></p>
<p style="text-align: center;">Bicycle Crunches</p>  <p style="text-align: center;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>	<p style="text-align: center;">Star Jumps</p>  <p style="text-align: center;">Develop – 5 Meeting – 10 Exceeding - 15</p> <p><small>WorkoutLabs.com</small></p>