

MONOPOLY[®]

FITNESS

THIS FITNESS CHALLENGE WILL REQUIRE **MOTIVATION** AND **STRENGTH!**

LET'S MAKE SURE THAT WE COMPLETE A DYNAMIC WARM UP BEFORE THIS CHALLENGE SO THAT YOU CAN PREPARE YOUR MUSCLES.




If you are unsure of how to do a dynamic warm up, click on me for a video!

Click on the dice to roll!



If unsure about the exercise, look at the slides below

| | | | | | | | | | | |
|------------------------------------|-------------------|---|--------|------------|--|---------|------------------|--------------------|---------------|------------------------------------|
| You choose exercise for 20 seconds | Mountain climbers | Move forward 6 spaces | Squats | Star jumps | Add an extra 10 seconds to next exercise | Sit-ups | Bicycle crunches | Move back 2 spaces | Flutter-kicks | You choose Exercise for 30 seconds |
| Shoulder taps | | <div style="text-align: center;"> <h3>Monopoly Fitness Rules</h3> <ol style="list-style-type: none"> 1- Start at the top right corner 2- Follow the link to roll the digital dice, once completed, roll again. 3- To complete the task roll you must have rolled the dice 15X= 15 4- Take 15 second breaks in between each exercise <div style="display: flex; justify-content: center; align-items: center; margin: 10px 0;">  </div> <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> <p>You will need a timer</p> </div> </div> | | | | | | | | High knees |
| Russian Twists | | | | | | | | | | Heel flicks |
| Move forward 2 spaces | | | | | | | | | | Move Forward 7 spaces |
| V-sit | | | | | | | | | | Calf raises |
| Cut next exercise in half! | | | | | | | | | | Cut next exercise in half! |
| Tuck jumps | | | | | | | | | | Move Forward 4 Spaces |
| Squat Jumps | | | | | | | | | | Heel Touches |
| Move Forward 4 spaces | | | | | | | | | | Move back 7 Spaces |
| Frog Jumps | | | | | | | | | | Leg Raises |
| You choose exercise for 30 seconds | Lunges | | | | | | | | | Wall Sit |

- Red = 30 seconds
- Yellow = 15 seconds
- Green = 20 seconds
- Dark blue = 30 seconds
- Brown = 20 seconds
- Blue = 30 seconds
- Pink = 40 seconds
- Orange = 15 seconds

Mountain Climbers



Squats



Star Jumps



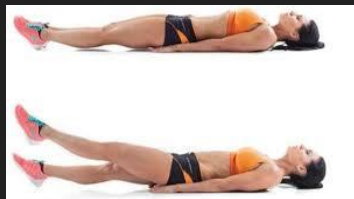
Sit-ups



Bicycle Crunches



Flutter Kicks



High Knees



Heel Flicks



Calf Raises



Heel Touches



Leg Raises



Press-ups



Burpees



Donkey Kicks



Wall-sit



Lunges



Frog Jumps



Squat Jumps



Tuck Jumps



V-Sit



Russian Twists



Shoulder Taps

