**Welcome to FitnessLand!**

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| **Start** | 1**Do 30** **Jumping Jacks**Cardiovascular | 2**Do 10 push-ups**Arm strength | 3**Give a compliment to your opponent.** | 4**Do 10 squats**Leg strength | **5****Oh! Sorry, but sugar has slowed you down.** **Go back 2 spots.** |
| 11**Twist from left to right 20 times.**Flexibility | 10**Jump up and down 30 times**. Cardiovascular | 9**Stretch your hamstrings for 20 seconds. Keep legs straight and touch your toes.** Flexibility | 8**Tree Pose for 20 seconds.**Flexibility,relaxation | 7**Run in place as fast you can for 30 seconds.**Speed,cardiovascular | 6**Tell your opponents your 3 favorite fruits and 3 food groups.**Nutrition |
| 12**Do 10 frog hops**Cardiovascular | 13**Do side to side stretches for 20 seconds**Flexibility | 14**Do high knees for 20 seconds**Cardiovascular | 15**Triangle pose for 20 seconds**Flexibility,relaxation | 16**Do 5 jump squats** | 17**Oh, no! Not enough exercising has made you weak.** **Go back 2 spots.** |
| 23**Warriors pose for 20 seconds.**Flexibility,relaxation | 22**Do Superman for 20 seconds**Flexibility | 21**Sing your favorite song for 30 seconds.** | 20**Do 10 lunges**Leg strength | 19**Do 5 crunches**Abdominal strength | 18**Balance on toes, with one foot, one hand on head, and one hand on nose for 15 seconds.** |
| 24**You skipped your breakfast and have no energy.****Go back 3 spots.** | 25**Do 5 burpees.**Cardiovascular | 26**Smile, showing your teeth 5 times to your opponent.** | 27**Do 10 mountain climbers**Leg Strength | 28**V-Sit for 10 seconds**Core strength | 29**Do bum kickers for 30 seconds**Cardiovascular |
| 35**Downward dog pose for 20 seconds.**Flexibility,relaxation | 34**Dance, moving arms and legs for 30 seconds.**Aerobic | 33**RPS your opponent, winner gets an extra turn.** | 32**Do 30 mountain climbers**Cardiovascular | 31**10 toe touches from a standing position**Flexibility | 30**Sit on floor with arms crossed, and get up and down 10 times**Balance |
| 36**Do planks for 30 seconds**Abdominal strength | 37**Do 30 line Jumps** Cardiovascular | 38**Butterfly stretch for 20 seconds**Flexibility | **39****You didn’t take your vitamins and now you’re tired. Take a 30 second nap.** | 40**Robot Dance for 30 seconds**Flexibility | Finish! |

**How this game works: You need one die, 1-3 friends to play against, and one small object (a bean, coin, piece of paper)**

 **to mark your position. Roll the die and move your piece according to the number of dots you got. Do the challenge in the box you landed on. Take turns with your friend. The player that gets to the FINISH! box first WINS!**