

<div>Roll Again!</div> <div></div>		<div>Stationary Run</div> <div>30 secs</div> <div></div>	<div>Stretch</div> <div>Arms across body</div> <div>20 secs</div> <div></div>	<div>Squat</div> <div>20 reps</div> <div></div>	<div>Mountain Climbers</div> <div>30 reps</div> <div></div>	<div></div> <div>Cardio-Train</div> <div>Butt-Kick</div> <div>30 seconds</div> <div></div>	<div>Tricep Dips</div> <div>15 reps</div> <div></div>	<div>Lunges</div> <div>20 reps</div> <div></div>	<div></div> <div>Get a drink of water.</div> <div></div>	<div>Plank Jacks</div> <div>30 secs</div> <div></div>	<div>Time-out Box</div> <div></div>	
<div>Curl-ups</div> <div>20 reps</div> <div></div>	<div></div> <div><div>DIRECTIONS</div><div><div>-Each player starts on "GO" and takes turn rolling two dice.</div><div>-Complete each exercise when you land on it.</div><div>-If you land in the time-out box, you need to do 15 push-ups and skip a turn before continuing.</div><div>-Earn one point each time you pass "GO"</div><div>-Game ends when a player earns FIVE points.</div></div></div>										<div>Russian Twist</div> <div>30 reps</div> <div></div>	
<div>Wall Sit</div> <div>30 secs</div> <div></div>											<div>Push ups</div> <div>10 reps</div> <div></div>	
<div>Go back 6 spaces and do that exercise.</div>											<div>High Knees</div> <div>30 secs</div> <div></div>	
<div>Calf Raise</div> <div>30 secs</div> <div></div>											<div>Jump Squat</div> <div>30 seconds</div> <div></div>	
<div></div> <div>Cardio-Train</div> <div>Jumping Jacks</div> <div>30 seconds</div> <div></div>											<div>Cardio-Train</div> <div>Stationary Run</div> <div>30 seconds</div> <div></div>	
<div>Squat</div> <div>20 reps</div> <div></div>											<div>Stretch: Butterfly</div> <div>20 secs</div> <div></div>	
<div>Butt-Kick</div> <div>30 secs</div> <div></div>											<div>Plank</div> <div>45 seconds</div> <div></div>	
<div></div> <div>Here's a bright idea, get a drink of water.</div> <div></div>											<div>Go back 8 spaces and do that exercise.</div>	
<div>Burpees</div> <div>15 reps</div> <div></div>	<div>Burpees</div> <div>20 reps</div> <div></div>											
<div>Just Visiting</div> <div></div>	<div>Plank</div> <div>30 secs</div> <div></div>	<div>Bicycle Crunches</div> <div>30 secs</div> <div></div>	<div>Stretch</div> <div>Seated Toe Reach</div> <div>20 secs</div> <div></div>	<div>Push ups</div> <div>10 reps</div> <div></div>	<div></div> <div>Cardio-Train</div> <div>High Knees</div> <div>30 seconds</div> <div></div>	<div>Go forward 7 spaces and do that exercise.</div>	<div>Calf Raise</div> <div>30 reps</div> <div></div>	<div>Jumping Jacks</div> <div>30 secs</div> <div></div>	<div>Lunges</div> <div>20 reps</div> <div></div>	<div>Collect One Point As You Pass</div> <div></div>		