

 <p>Roll again</p>	jog on the spot for 30 seconds		10 sit ups	10 press ups		20 jumping Jacks	10 burpees		balance on 1 foot 30 seconds	 <p>Grab a drink and advance straight to GO!</p>
side leg raises - 5 each side	<div data-bbox="483 404 1487 600" data-label="Section-Header"> <h1>MONOPOLY</h1> </div> <p>Choose a game piece. Start at GO! Roll a dice, move your game piece forward based on the number on the die. When you pass GO, you earn a point. First to 3 points WINS!!</p>									10 star jumps
plank for 20 seconds										5 lunges on each leg
30 star jumps										run knees up for 30 seconds
20 step ups on a stair										
lie calmly for 1 minute										20 bunny hops
20 squats										skip for 30 seconds
30 sec water Break										
	Dance for 20 seconds	run round the garden twice		forward punches - 20 each arm						