



	Roll 1 More Dice	Skip in place for 30 Seconds	Move Ahead 3 Spaces	
<b>MOVEMENT</b>				
High Knees for 30 Seconds	<p>Start in ANY of the four corners of the board.          Roll the dice and move around the game board.          When you land on a space you get to perform that exercise.          If you land on a space with color, roll the dice again and do the exercise that many times.</p>			Plank for 30 Seconds
Run in Place for 30 Seconds				5 Power Jumps
Spin like a Fidget Spinner 15 Seconds				Spin like a Fidget Spinner 10 Seconds
Choose an exercise for someone else	Dance to a Song	Wash Your Hands	Sorry! Roll the Dice Again	Choose an exercise from the board
				

**JUMPING JACKS**

**ABDOMINAL TWISTS**

**MOUNTAIN CLIMBERS**

**PLANK**

**NO EXERCISE**

**POWER JUMPS**

**PUSH-UPS**

**CRAB KICKS**