



# CHUTES and LADDERS

Fitness Edition

EQUIPMENT: Coins for markers and 1 die.

DIRECTIONS: Roll the die. Move your marker the number of spaces on the die. If you land on a ladder, move your marker to the space at the top of the ladder. If you land on a chute move down to the space at the end of the chute. Complete the exercise in the square before the next player goes. The first player to reach the 100 space WINS! Watchout for those chutes!

100  10 Shoulder Touches	99 5 Curl-ups	98 20 Secs. One Leg Balance	97 10 Deep Breaths	96  5 Squats	95 20 Secs. Butterfly Stretch	94 Water Break	93 5 Wide Push-Ups	92 20 Secs. Push-Up Hold	91 10 High Jumps
81 10 Lunge Jumps	82 Water Break	83 20 Secs. High Knees	84 10 Deep Breaths	85 10 Straddle Stretch	86 5 Sit-ups	87 20 Secs. Squat Hold	88 10 Shoulder Stretch	89 5 V-Ups	90 10 High Jumps
80 10 Deep Breaths	79 10 Squats	78 20 Secs. Plank Hold	77 5 Curl-ups	76 Water Break	75 20 Secs. Jog in Place	74 15 Arm Circles	73 20 Secs. Stork Balance	72 10 Lunges	71 5 Push-Ups
61 10 High Jumps	62 20 Secs. One Leg Balance	63 Water Break	64 10 Mountain Climbers	65 20 Secs. Toe Touch	66 10 Deep Breaths	67 20 Secs. Straddle Stretch	68 4 Squats	69 10 Shoulder Touches	70 20 Secs. Butterfly Stretch
60 20 Secs. Jog in Place	59 10 Deep Breaths	58 20 Secs. Stork Balance	57 15 Arm Circles	56 20 Secs. Pike Stretch	55 10 Shoulder Touches	54 20 Secs. Squat Hold	53 5 Sit-Ups	52 20 Secs. Plank Hold	51 Water Break
41 5 V-Ups	42 10 Deep Breaths	43 10 Shoulder Touches	44 30 Secs. Squat Hold	45 Water Break	46 5 Wide Push-Ups	47 5 Curl-ups	48 20 Secs. Pike Stretch	49 10 Mountain Climbers	50 10 Secs. Straddle Stretch
40 5 Squats	39 4 Sit-Ups	38 5 Push-Ups	37 Water Break	36 20 Secs. Plank Hold	35 10 Deep Breaths	34 20 Secs. Toe Touch Stretch	33 10 Secs. Shoulder Stretch	32 10 High Jumps	31 5 Crunches
21 20 Secs. Pike Stretch	22 20 Secs. High Knees	23 5 Crunches	24 10 Lunges	25 20 Secs. Wall Sit	26 10 Mountain Climbers	27 10 Shoulder Touches	28 Water Break	29 10 Deep Breaths	30 10 Lunge Jumps
20 20 Secs. One Leg Balance	19 Water Break	18 5 Jump Squats	17 10 Deep Breaths	16 10 Secs. Push-Up Hold	15 5 V-Ups	14 10 High Jumps	13 30 Secs. Squat Hold	12 3 Burpees	11 30 Secs. Jog in Place
1 5 Curl-ups	2 5 Squats	3 10 Jumping Jacks	4 10 Secs. Straddle Stretch	5 Water Break	6 3 Sit-ups	7 20 Secs. Wall Sit	8 5 Wide Push-ups	9 3 Burpees	10 10 Secs. Plank Hold