












REST AND WASH YOUR HANDS 	HIGH KNEES 10 SECONDS	HIGH KNEES 20 SECONDS	HIGH KNEES 30 SECONDS	BALANCE ON ONE LEG FOR 30 SECONDS 	MOVE BACKWARD 4 SPACES 	WALL SIT 10 SECONDS	WALL SIT 20 SECONDS	REST AND WASH YOUR HANDS 
SIT UPS X 10	 <div data-bbox="392 813 1075 1045"> <p>Rules</p> <ol style="list-style-type: none"> 1. Roll the dice, move your player & complete the activity 2. Every time you pass go you get a point 3. First person to 3 points is the winner </div> <div data-bbox="392 1069 1075 1236"> <p>Want to make it harder?</p> <ol style="list-style-type: none"> 1. Double the activities in the box 2. Increase the points to win the game </div> <div data-bbox="1108 853 1792 1037"> <p>Extra Challenge: Can you create your own Active Monopoly using different activities?</p>    </div> <div data-bbox="1108 1069 1792 1236"> <p>Want to make it easier?</p> <ol style="list-style-type: none"> 1. Halve the activities in the box 2. Decrease the points to win the game? </div>							SQUATS X 5
SIT UPS X 5								SQUATS X 10
TOUCH EVERY DOOR 								HOLD YOUR ARMS OUT FOR 30 SECONDS 
BURPEES X 10								ARM CIRCLES 10 SECONDS
BURPEES X 5								ARM CIRCLES 20 SECONDS
REST AND WASH YOUR HANDS 								PRESS UPS X 10