



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!

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| 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 |