



SNAKES & LADDERS FITNESS

21	22	23	24	25	26	27	28	29	30
20	19	18	17	16	15	14	13	12	11
1	2	3	4	5	6	7	8	9	10

The image shows a 3x10 grid with numbers 1 through 30. The numbers are arranged in three rows: the top row contains 21-30, the middle row contains 20-11, and the bottom row contains 1-10. A yellow star is located in the cell containing the number 30. A yellow snake with black spots is positioned across the cells containing numbers 11, 12, and 13. A green snake is positioned across the cells containing numbers 15, 16, and 17. A red and blue snake is positioned across the cells containing numbers 18, 19, and 20. A pink snake is positioned across the cells containing numbers 22, 23, and 24. There are four brown ladders: one at the top of the column for number 2, one at the top of the column for number 4, one at the top of the column for number 7, and one at the top of the column for number 9. The cell containing the number 1 is highlighted in yellow.

NUMBER CHALLENGE	EASY CHALLENGE	MEDIUM CHALLENGE	HARD CHALLENGE	SUPERSTAR CHALLENGE
1 – GET STARTED				
2 - PLANK	45 secs	90 sec	2 mins	3 mins
3 - PRESS UPS	10	20	30	50+
4 - BURPEES	10	20	30	40+
5 – STEP UPS	30	45	60	75+
6 – PARTNER SELECTS CHALLENGE				
7 – BICEP CURLS	10	15	25	35+
8 – EXERCISE OF YOUR CHOICE				
9 – LIFT IT	15 items	20 items	25 items	35+ items
10 - CRUNCHIES	15	25	30	40+
11 – SIT UPS	15	25	30	40+
12 – BOX JUMPS	10	15	20	25+
13 – PRESS UPS	10	20	30	50+
14 – PARTNER SELECTS CHALLENGE				
15 – PLANK - 1 ARM	45 secs	90 sec	2 mins	3 mins
16 – YOUR CHOICE				
17 – STEP UPS	30	45	60	75+
18 – BICEP CURLS	10	15	25	35+
19 - BURPEES	10	20	30	40+
20 – LIFT IT	15 items	20 items	25 items	35+ items
21 - CRUNCHIES	15	25	30	40+
22 – SIT UPS	15	25	30	40+
23 – STEP UPS	30	45	60	75+
24 – PARTNER SELECTS CHALLENGE				
25 – PLANK OF YOUR CHOICE	45 secs	90 sec	2 mins	3 mins
26 – BOX JUMPS	10	15	20	25+
27 – BICEP CURLS	10	15	25	35+
28 – PRESS UPS	10	20	30	50+
29 – YOUR CHOICE EXERCISE				
30 – CHALLENGE COMPLETED				

RULES:




- ✓ ONLY USE 1 DICE
- ✓ PLAY INDIVIDUALLY PERSONAL CHALLENGE OR WITH AS MANY PEOPLE AS YOU LIKE
- ✓ CAN BE DONE INSIDE OR OUTSIDE
- ✓ **WARM UP** BEFORE STARTING CHALLENGE
- ✓ **SAFETY FIRST WHEN DOING CHALLENGES**
- ✓ MODIFY CHALLENGE WHERE APPROPRIATE

STEP UPS

USE THE STAIRS AND REMEMBER TO STEP ONTO WHOLE FOOT NOT JUST YOUR TOES

BOX JUMP

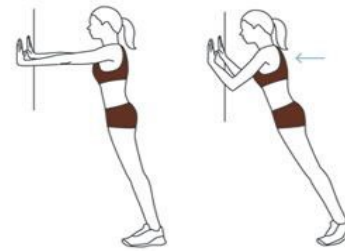
2 FOOTED JUMPS ONTO HARD SURFACE - eg BOTTOM STEP OF STAIRS (**BE CAREFUL IF USING OTHER SURFACE**)

1. Modified plank	2. Standard plank	3. Heel lift plank	4. Side plank
			



LEG LIFT – USING FEET LIFT OBJECTS
eg **GLOVES, SCARVES, SOCKS FROM ONE SIDE TO THE OTHER**

How to do Burpees

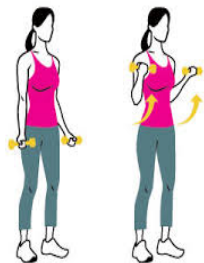


PRESS UPS

EASY

MEDIUM/HARD CHALLENGE

1. Half sit-up	2. Standard sit-up	3. Twisted sit-up
		



BICEP CURL – USE TIN OF FOOD IF NO HAND WEIGHTS. HANDS UP TO SHOULDER TOGETHER OR ALTERNATE



CRUNCHIES

KEEP FEET OFF THE FLOOR