SNAKES & LADDERS FITNESS

NUMBER CHALLENGE	EASY CHALLENGE	MEDIUM CHALLENGE	HARD CHALLLENGE	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
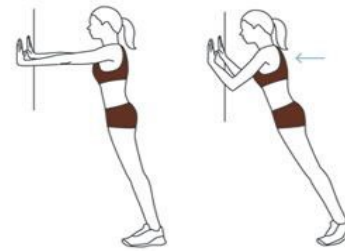
BOX JUMP

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

How to do Burpees

Squat	Kick feet back	Push-up	Return to squat	Stand and end with jump
1	2	3	4	5

1. Half sit-up	2. Standard sit-up	3. Twisted sit-up
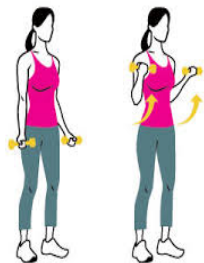
BICEP CURL – USE TIN OF FOOD IF NO HAND WEIGHTS. HANDS UP TO SHOULDER TOGETHER OR ALTERNATE

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

PRESS UPS

EASY

MEDIUM/HARD CHALLENGE

CRUNCHIES

KEEP FEET OFF THE FLOOR