

Fullarm-
Plank
25 seconds
+3 points

30 second
Squat hold
+30 points

*
3
Modified
Push-ups
in 5 seconds
+5 points

Sick Day #1
Advance 0 places
(stay here)
-10 points

CHRONIC
Illness
Move back
3
Spaces
-3 points

10 back-lunges
(5 each side)
30 seconds

* if complete
move 3 spots
+6 points

*
5 burpees
in 25
seconds
+20 points

*
30 second
stiff armed
Plank
+15 points

CHRONIC ILLNESS
Move back to
start

When you reach a chronic
illness space you must
name an example of a
chronic illness. If the answer
is wrong you lose an
additional 5 points. If
correct add 2 points

5 pushups
in 15 seconds

+7 points

Sick day #2
-20 points

10 jumping
jacks
in 20 seconds

+5 points

*
1 minute
Jumping Jacks
+10 points

START !

FREE SPACE
(Childs Pose)
+5 points

Jog in
Place 2 minutes
+6 points

10 sit-ups
in 20 seconds
+8 points

*
5 Jump lunges
(Split Squat)
-3 points

Sick Day #3
-go back to
Sick day #2

FINISH !

38097-D1
071520178C

* 1 minute jumping jacks

* 5 Burpees

* 30 Second Plank

* 3 modified
Push-ups

Q: Muscles worked, include
2

A: Calves, hip abductors, hip adductors,
core, shoulders (ad/abductors)

+ 3 points

Q: What 2 muscles could be
worked?

A: Chest, quads, glutes, hamstrings
abs

+ 2 points

Q: What are 2 specific
muscle groups being worked
in this plank

A: Transverse abdominus, rectus
abdominus, external oblique, glutes

+ 2 points

Q: 2 muscle groups
worked

A: pectoralis, front deltoids,
triceps, biceps, abdominals