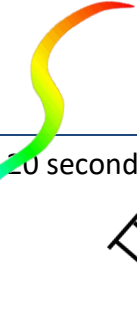
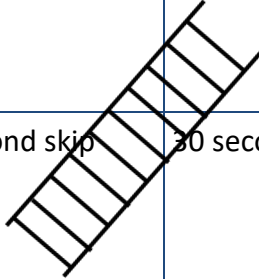

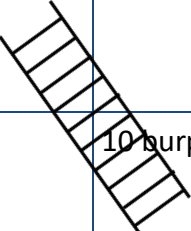
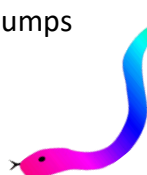
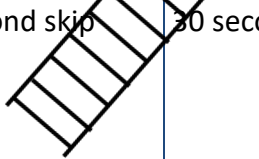

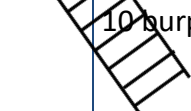
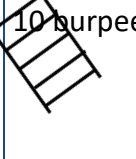



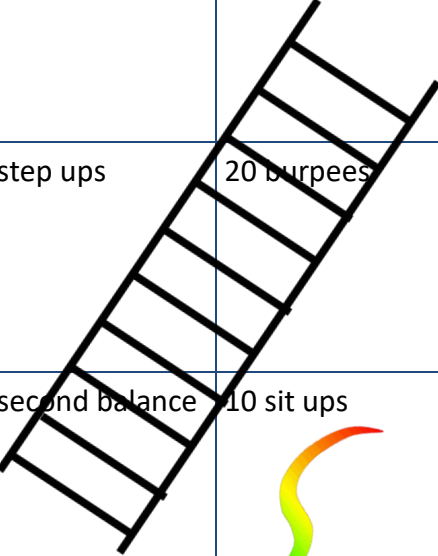
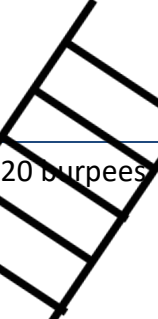
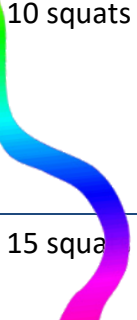


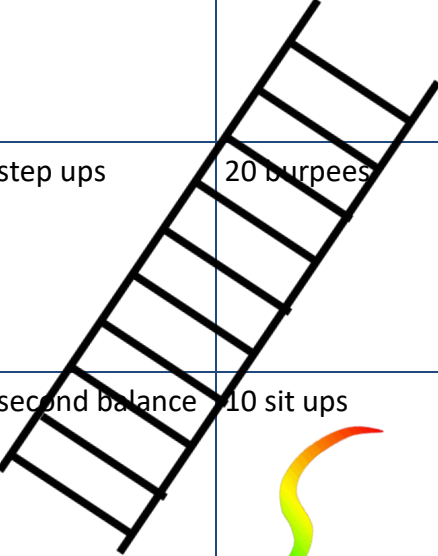
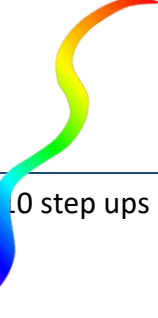

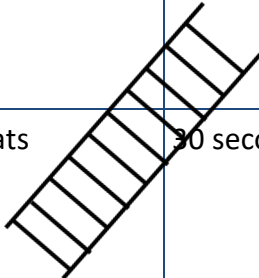
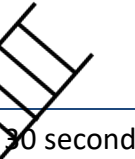
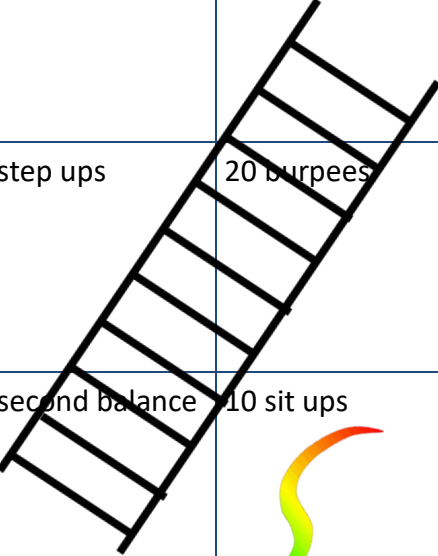
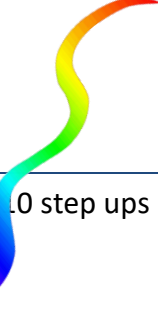
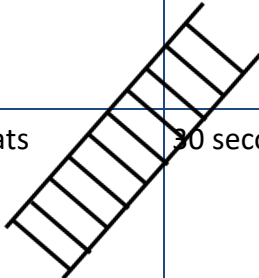


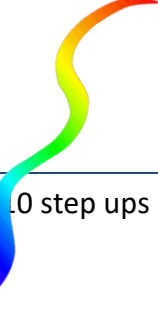


<b>Finish</b>	10 press ups 	30 second plank 	20 spotty dogs 	15 sit ups 
10 star jumps 	20 second skip 	30 second balance 	10 sit ups 	10 burpees 
30 second plank 	20 step ups 	20 burpees 	30 second balance 	15 squats 
30 second skip 	10 squats 	10 sit ups 	20 step ups 	20 burpees 
30 second plank 	15 squats 	20 step ups 	30 second balance 	10 sit ups 
<b>Start</b>	10 squats 	30 second skip 	10 press ups 	10 step ups 

## RULES

1. Number yourselves and take 1 turn each at a time.
2. Climb up ladders.
3. Slide down snakes.
4. If you land on a snake or ladder you do the exercise before moving up or down.
5. If you roll a 6 you get an extra turn.
6. You must roll a number that lands you on finish, if any more than is needed then you stay where you are, perform that exercise again and wait your next turn.
7. Winning player picks a forfeit from the board for all other players to perform.