

Snakes and Ladders

100	99	Perform 5 crunches and jumps	97	96	Perform 5 star jumps	94	93	92	Run on the spot for 20 seconds
81	82	Perform 5 push ups	84	85	86	87	88	89	90
80	Hop on 1 foot for 15 seconds	78	77	76	Perform 5 crunches and jumps	74	73	72	Hop on the spot for 5 seconds
61	Perform 10 sit ups	63	64	Perform 5 push ups	66	67	Hop from one foot to another for 5 seconds	69	70
60	59	58	Perform 10 sit ups	56	55	54	53	52	51
41	42	Hop from 1 foot to another 5 times	44	45	Perform 5 star jumps	47	48	49	50
Perform 5 push ups	39	38	Perform 5 crunches and jumps	36	35	Perform 5x 2 feet to 1 foot jump	33	32	Run on the spot for 20 seconds
Hop on one foot for 15 seconds	22	23	24	Perform 5 star jumps	26	27	28	29	30
20	19	Hold and balance for 15 seconds	17	16	15	Do 5 squats	13	12	Run on the spot for 20 seconds
1	2	3	4	5	6	Perform 5 star jumps	8	9	Perform 5x 2 feet jumps side to side

