




























SNAKES & LADDERS

91 RUN ON THE SPOT FOR 20 SECONDS	92 	93	94	95	96 	97 PERFORM A 2 FEET TO 1 FOOT JUMP	98	99 	100 WINNER
81	82 	83	84	85 	86	87	88	89	90 RUN ON THE SPOT FOR 20 SECONDS
71	72 	73 	74 	75	76 PERFORM A 2 FEET TO 1 FOOT JUMP	77	78	79 	80
61 	62 PERFORM 10 SIT UPS	63	64	65 PERFORM 5 PUSH UPS	66	67	68 PERFORM A 2 FEET TO 2 FEET JUMP	69	70 RUN ON THE SPOT FOR 20 SECONDS
51	52 	53	54 	55	56 PERFORM 10 SIT UPS	57	58 	59 HOLD A BALANCE FOR 10 SECONDS	60
41 	42 	43 PERFORM A 2 FEET TO 1 FOOT JUMP	44 	45 	46 	47	48	49	50 
31 PERFORM 5 PUSH UPS	32	33 PERFORM A 2 FEET TO 2 FEET JUMP	34 	35	36	37 PERFORM A 2 FEET TO 1 FOOT JUMP	38	39 	40 RUN ON THE SPOT FOR 20 SECONDS
21 	22	23	24	25 PERFORM 5 STAR JUMPS	26 	27	28	29	30
11	12	13 HOLD A BALANCE FOR 10 SECONDS	14	15	16 	17 	18	19	20 RUN ON THE SPOT FOR 20 SECONDS
1	2	3	4 	5	6	7 PERFORM 5 STAR JUMPS	8	9 	10 PERFORM A 2 FEET TO 2 FEET JUMP