
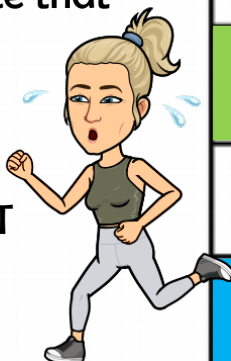


Back to start! 	20 jumping jacks	2 sets of "BT" Jumping Jacks	Rest 30 sec	Tuck jumps 15 secs	Hydrate break!	8 Push-ups	Roll again	"Air" Jump rope 45 secs	Super Man 30 secs	Skip to start! 
Rest 30 sec	<h1 style="text-align: center;">"Eagle"opoly</h1> <h2 style="text-align: center;">Monopoly with a fitness flair!</h2> <ul style="list-style-type: none"> -Roll a 6-sided die -Move game piece that many spaces -Complete activity -Earn 1 point for passing START and record a tally for point -Play for 30 minutes and total tallies 									60 Mountain Climbers
8 Push-ups										30 sec. Plank
Do 5 squats in every room										Rest 30 sec
20 jumping jacks										15 Squat Jumps
10 Mountain Climbers										Russian Twists 20 reps
20 squat jumps										Hydrate break!
6 Burpees										Walking Lunges 1 min
Hydrate break!										Do 8 squats in every room
30 sec. Plank										10 Burpees
Complete next roll x 2										15 Frog Jumps