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| --- | --- | --- | --- | --- |
| Image result for arrow cartoonFINISH | Image result for snake cartoon18 Push Ups | Image result for snake cartoon35 Second Plank  | Image result for ladder cartoon18 Burpees | 40 Star Jumps |
| 18 Lunges | Image result for ladder cartoon30 Sit Ups | 16 Leg Raises | 20 Push Ups | Image result for arrow cartoonImage result for arrow cartoon 2 Sit Ups |
| Image result for snake cartoon10 shuttle runs | Image result for ladder cartoon20 Tricep Dips | Image result for snake cartoon35 Second Wall Sit | Image result for ladder cartoon16 Burpees | Image result for arrow cartoon20 Leg Raises |
| Image result for arrow cartoon30Lunges  | 20 Leg Raises | 15 Burpees  | 15 Tricep Dips  | Image result for arrow cartoon20 Squats |
| Image result for arrow cartoonImage result for arrow cartoon18 Hip Raises | Image result for ladder cartoon9 Shuttle Runs | 18 Push Ups | Image result for snake cartoon25 Sit Ups | Image result for arrow cartoonImage result for arrow cartoon18 Star Jumps |
| START | 30 Second Wall Sit | 35 Second Plank  | 40 High Knees | 15 Squats |

**LEVEL 3 – Gold**

1. Player with least letters in their name goes first
2. Climb UP the ladders and slide DOWN the snakes
3. Use the QR code below to roll a dice online
4. Write your initials in the box you are given to keep your place
5. If you land on a ladder or snake you must perform the exercise BEFORE moving up or down
6. If you roll a 6 you get an extra turn
7. If your final roll takes you past the finish, you stay where you are and perform that exercise again
8. The winner picks a forfeit from the board for the losing players





 DICE QR CODE (Scan with snapchat)