



## **Fitness At home**

### **Fitness Monopoly exercise wheel**

**Equipment : Fidget Spinner or something to make a spinning object**

#### **Description**

- **You can have as many players as you want. This is a great activity to do with your family and guardians.**
- **You can use the example below or you can make your own up**
- **If you decide to make your own, use these exercises**
  - **Sit ups**
  - **Star Jumps**
  - **Push ups**
  - **Laps of the backyard**
  - **Running continuously for 1 minute**
  - **Running continuously for 2 minutes**
  - **Plank for 20 seconds**
  - **Squats**
  - **Crawling like a spider around a room**
  - **Tuck jumps**
  - **Lunges**
- **You may have to look up what each of the exercises are**
- **If you are making up your own you can make it up on a scrap piece of paper.**
- **A dice and some markers and start playing**

Start Here 25 Jumping Jacks	Walk a Lap and get a Drink!	Wall Sit	15 Full Sit-ups	5 Sprints length of the gym
2 laps of Buff Kickers	 <p><b>Fitness Monopoly</b></p> 			2 ladders
25 Crunchies				3 Set Downs
15 Squat Thrusts				Bear Crawl Width of the gym
2 laps of Jogging				Crab Walk width of the gym
Lunges down and back				10 Push-ups
Standing Long Jump the width of the gym				Carrioca 2 laps