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| Image result for arrow cartoon  FINISH | Image result for snake cartoon  12 Push Ups | Image result for snake cartoon25 Second Plank | Image result for ladder cartoon12 Burpees | 30 Star Jumps |
| 12 Lunges | Image result for ladder cartoon20 Sit Ups | 10 Leg  Raises | 10 Push Ups | Image result for arrow cartoonImage result for arrow cartoon 20 Sit Ups |
| Image result for snake cartoon7 shuttle runs | Image result for ladder cartoon 16 Tricep Dips | Image result for snake cartoon25 Second Wall Sit | Image result for ladder cartoon12 Burpees | Image result for arrow cartoon16 Leg Raises |
| Image result for arrow cartoon  20 Lunges | 10 Leg  Raises | 10 Burpees | 10 Tricep  Dips | Image result for arrow cartoon16 Squats |
| Image result for arrow cartoonImage result for arrow cartoon16 Hip Raises | Image result for ladder cartoon6 Shuttle Runs | 10 Push Ups | Image result for snake cartoon20 Sit Ups | Image result for arrow cartoonImage result for arrow cartoon10 Star Jumps |
| START | 25 Second Wall Sit | 20 Second Plank | 30 High Knees | 10 Squats |

**LEVEL 2 – Silver**

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

Image result for arrow cartoon



DICE QR CODE (Scan with snapchat)