Finish	10 press ups	30 second plank	20 spotty dogs	15 sit ups
10 star jumps	20 second skip	30 second balance	10 sit ups	10 burpees
30 second plank	20 step ups	20 burpees	30 second balance	15 squats
30 second skip	10 squats	10 sit ups	20 step ups	20 burpees
30 second plank	15 squa	20 step ups	30 second balance	10 sit ups
Start	10 squats	30 second skip	10 press ups	10 step ups

RULES

1. Number yourselves and take 1 turn each at a time.
2. Climb up ladders.
3. Slide down snakes.
4. If you land on a snake or ladder you do the exercise before moving up or down.
5. If you roll a 6 you get an extra turn.
6. You must roll a number that lands you on finish, if any more than is needed then you stay where you are, perform that exercise again and wait your next turn.
7. Winning player picks a forfeit from the board for all other players to perform.