

KICKS & LADDERS



EQUIPMENT: Coins (to use as playing pieces) and dice.

DIRECTIONS: Roll the dice. Move your piece the number of spaces on the dice. If you land on a ladder, move your piece to the space at the top of the ladder. If you land on a chute, move down to the space at the bottom of the chute. Complete the exercise on the square before the next player goes. The first player to reach the 100 square WINS!

100 	99 10 Burpees	98 30 sec Plank	97 5 Side Kicks Each Leg	96 10 Crunches	95 5 Pushups	94 10 Squats w/Front Kick	93 30 sec Run in Place	92 10 Jab/Punch	91 Water Break
81 10 Axe Kicks Head High!	82 2 Cart-wheels	83 10 Round-house Kicks	84 3 Burpees	85 10 PUNCHES	86 5 Frog Hops	87 30 sec Stretch Legs Super Wide	88 10 Jumping Jacks	89 5 Tuck Jumps	90 10 Kicks Your Choice
80 10 Jump Squats	79 20 sec Plank	78 5 Right Side Kicks	77 2 Back Rolls	76 10 Front Kicks High	75 Pop Kick "Ten" (leg stays up)	74 10 Pushups	73 30 sec Butterfly Stretch	72 10 Back Kicks	71 10 Lunges
61 Pop Kick "Ten" (leg stays up)	62 5 Burpees	63 30 sec High Knees	64 30 sec Bear Crawl	65 5 Left Side Kicks	66 10 Deep Breaths	67 10 Jab/Punch	68 10 Leg Raisers	69 10 Mountain Climbers	70 30 sec Toe Touch Stretch
60 2 Back Rolls	59 5 Frog Hops	58 30 sec Squat Hold	57 Front Kick "Ten" (leg stays up)	56 30 sec Legs Wide Stretch	55 5 V-Sits	54 30 sec Run in Place	53 2 Cart-wheels	52 10 Situps	51 10 Axe Kicks Head High!
41 30 sec Wall Sit	42 Front Kick "Ten" (leg stays up)	43 Water Break	44 10 Tuck Jumps	45 10 Lunges	46 5 Squats	47 10 Juchum-Seogi Punches	48 10 Back Kicks	49 5 Pushups	50 30 sec Bear Crawl
40 10 Jumping Jacks	39 10 Leg Raisers	38 20 sec Plank	37 10 Deep Breaths	36 10 Round-house Kicks	35 10 Jab/Punch	34 2 Forward Rolls	33 2 Cart-wheels	32 30 sec One-Leg Balance	31 5 Frog Hops
21 30 sec Legs Wide Stretch	22 10 Crunches	23 5 Pushups	24 Water Break	25 10 Left Pop Kicks	26 10 Mountain Climbers	27 10 Squats	28 10 Situps	29 10 Right Pop Kicks	30 30 sec Butterfly Stretch
20 30 sec One-Leg Balance	19 2 Forward Rolls	18 5 Jump Squats	17 10 Deep Breaths	16 5 V-Sits	15 10 Front Kicks	14 10 Tuck Jumps	13 30 sec Squat Hold	12 3 Burpees	11 30 sec High Knees
1 5 Crunches	2 5 Squats	3 10 Jumping Jacks	4 20 sec Plank	5 Water Break	6 10 Situps	7 20 sec Wall Sit	8 5 Pushups	9 3 Burpees	10 10 Jab/Punch