



**DIFFICULTY LEVEL 1**

# Snakes and Ladders FITNESS VERSION

1. PLAYER WITH THE LEAST AMOUNT OF LETTERS IN THEIR FIRST NAME GOES FIRST.
2. CLIMB UP LADDERS.
3. SLIDE DOWN SNAKES.
4. IF YOU LAND ON A LADDER OR SNAKE YOU MUST PERFORM THE EXERCISE BEFORE MOVING UP OR DOWN.
5. IF YOU ROLL A 6 YOU GET AN EXTRA TURN.
6. YOU MUST LAND DIRECTLY ON THE FINISH SQUARE TO WIN.
7. IF YOUR FINAL ROLL TAKES YOU PAST THE FINISH YOU STAY WHERE YOU ARE AND PERFORM THAT EXERCISE AGAIN.
8. WINNING PLAYER PICKS A FORFEIT FROM THE BOARD FOR LOSING PLAYERS TO PERFORM.