


MONOPOLY FAMILY PACK

FUN FITNESS FOR THE FAMILY



MONOPOLY FAMILY FITNESS RULES:

1. Each player must start at GO and roll the dice
2. You must move forward the number on the dice in a clockwise direction
3. You must perform the exercise you land on
4. You can choose the level you complete the exercise at – Rent, House or Hotel*
5. Chance cards send you directly 'TO JAIL'
6. Community Chest cards – you can select which activity to do, however you must tick it off the list so it cannot be used again*
7. Complete the 'BANK' table to keep track of your earnings*

See attached rules sheet for anything that is *

FAMILY WINNER:

FREE PARKING

CRUNCH

RUSSIAN TWISTS

SIT UPS

COMMUNITY CHEST

MODIFY AN EXERCISE

STAR JUMPS

HIGH KNEES

JAIL

LEG STRETCH

CHANCE

ARM STRETCH

LYING SIDE LEG LIFT

COMMUNITY CHEST

JUMP LUNGES

LUNGES

TRICEP DIPS

GO TO JAIL

SQUATS

WALKING SQUAT

JUMP SQUAT

CHANCE

LUXURY TAX

BURPEE

MILITARY BURPEE

GO

BANK

	RENT	HOUSE	HOTEL
STETCH STREET			
Arm stretch			
Leg stretch			
SQUAT STREET			
Squats			
Walking squats			
Jump squats			
CARDIO CORNER			
High knees			
Star jumps			
Mountain climbers			
AB AVENUE			
Sit ups			
Russian twists			
Crunch			
BOTTOM BOULEVARD			
Donkey kicks			
Hip raises			
Squat side leg lift			
ARM ALLEY			
Push ups			
Shoulder taps			
Tricep dips			
LEG LANE			
Lunges			
Jump lunges			
Lying side leg lift			
BURPEE BOULEVARD			
Burpee			
Military burpee			
PLANK STATION			

This has the exact same structure as 'Monopoly': Roll the dice and move your character...

Only this time YOU are the character!!

RULES

Everyone rolls the dice at the same time - either a real dice, or use an online version e.g. <https://freeonlinedice.com/>

Move yourself the number of space along the board – starting the game at 'GO'

Once at your location perform the exercise on the board

Once you have completed the exercise roll the dice again and continue around the board

If you land in **JAIL** you must complete a wall sit for 30 seconds

Community Chest – Use the sheet (see below) and complete an activity

Chance card – you are sent to JAIL

The Train – This is 'PLANK STATION'. Complete a plank for 1 minute

The lightbulb – This is time for a 'bright idea'. Nominate another player to complete 10 reps in an exercise of your choice

Water works – Treat yourself to a 1 minute water break

Luxury Tax – Unfortunately you owe the bank \$20 – deduct this from your overall total at the end

HOW TO COLLECT MONEY

Play the game for 20-30 minutes

At each exercise you can decide to:

- RENT – 10 reps of the exercise - \$20
- HOUSE – 12 reps of the exercise - \$30
- HOTEL – 15 reps of the exercise - \$40

Upon completing your exercise fill in your 'BANK' sheet as this will keep track of your money – see below individual sheets

If you return to an exercise you have previously completed either roll the dice again, or complete the exercise at a different level. E.g. I choose to 'HOUSE' attempt 1, but attempt 2 I shall 'RENT'

(NB: Please change the reps depending on age and ability)

Every time you pass 'GO' you collect \$200

WHAT ARE ALL OF THE EXERCISES?

Arm stretches - <https://www.youtube.com/watch?v=VULt--bcWd0>

Leg stretches - https://www.youtube.com/watch?v=RMJLQ_Es1p8

If you are unsure about any exercise type the name of the exercise into GOOGLE and it will demonstrate to you through pictures or YouTube videos the activity

INDIVIDUAL BANK CARDS – you can either print these or write directly into them (Excel document)

Player 1	RENT	HOUSE	HOTEL
STETCH STREET			
Arm stretch			
Leg stretch			
SQUAT STREET			
Squats			
Walking squats			
Jump squats			
CARDIO CORNER			
High knees			
Star jumps			
Mountain climbers			
AB AVENUE			
Sit ups			
Russian twists			
Crunch			
BOTTOM BOULEVARD			
Donkey kicks			
Hip raises			
Squat side leg lift			
ARM ALLEY			
Push ups			
Shoulder taps			
Tricep dips			
LEG LANE			
Lunges			
Jump lunges			
Lying side leg lift			
BURPEE BOULEVARD			
Burpee			
Military burpee			
PLANK STATION			

COMMUNITY CHEST – if you run out of community chest, you continue with your next roll

1. Select a song of your choice
2. Have an extra water break
3. Nominate someone to repeat their last exercise
 4. Receive an extra \$100
 5. Have a minute rest and stretch

6. Nominate someone to have a drink
7. Send a person to Jail
8. Your luxury tax does not count
9. Change your lunges to a 30-second walk
10. Instead of plank station have a rest
11. Select a song of your choice
12. Receive \$50
13. Receive \$10
14. Have an extra water break
15. Receive \$100