


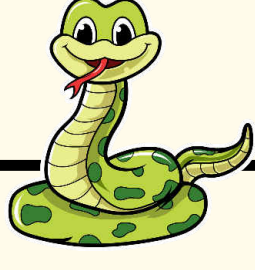

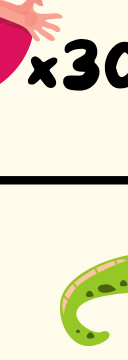



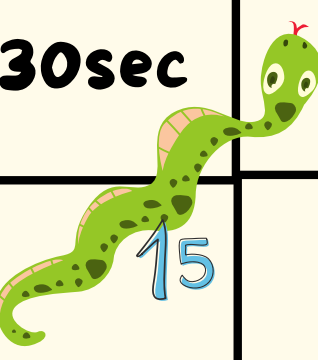




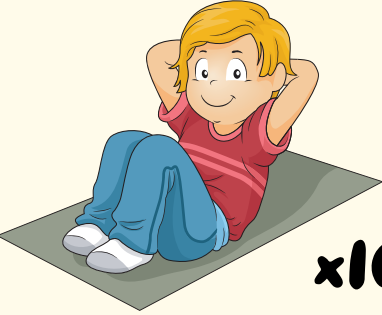



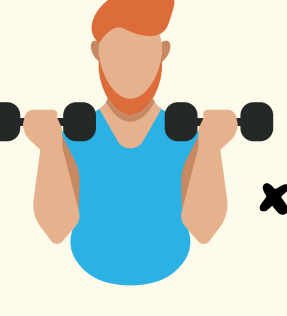
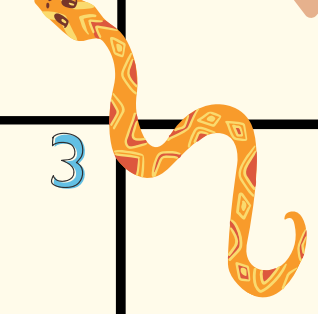







EXCERCISE BOARD GAME

24  Hooray FINISH	23 	22  x10	21 
17  x30sec	18 	19  x20	20 
16  x10	15 	14  x30sec	13 
9  x15	10 	11  x10	12 
8  x25	7 	6  x10	5 
1 START	2  x10	3  x20	4 

What you need:

1. A dice
2. Game pieces / counters
3. 2-4 players

Game Rule:

1. Roll the dice and play. Take turn with your players
2. If you landed on the exercise space, you need to do the exercise as on the space.
3. If you landed on the space of the snake head, you need to slide down to the space of the tail.