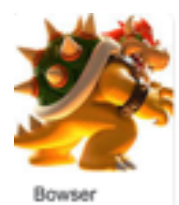
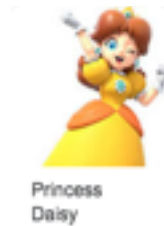
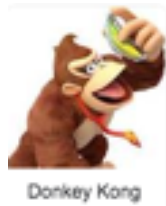
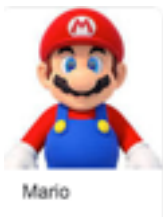








F	I	I	I	S	H
					
					
					
					
					
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6



Pick your Character for your Mario Kart Fitness Race.

Rules are on the next page.

1. Firstly pick a lane or character you wish to be.
2. Now chose 5 exercises that you are going to complete as part of your fitness race. This could be 20 star jumps, 5 push ups, 10 sit-ups etc.
3. Clear a safe space to work out.
4. Remember to warm-up before you begin.
5. Have a look at the rule sheet below, what happens if your character lands on the items listed? Is it a penalty or bonus?
6. Get ready to start the timer.
7. Go, go, go
8. You are finished when all the activities have been completed including the penalties or bonus items.
9. Who will cross the finish line first?
10. Go Mario!!

Item	Penalty or Bonus
	Speed through, half the amount of repitions you have to do for the exercise you are on.
	Kick this shell into someone elses lane, they now have to do 10 more reps on this exercise.
	Whoops you slipped and spun back a square, complete this again before returning to this square.
	UH Oh, double trouble you have just doubled your reps for this round.
	Freezeeeeeee you have a 10 second time penalty, don't move for 10 seconds before returning to action.
	Power up, extra strength you get to skip this activity.