


Fitness Monopoly

The student can prepare the monopoly game cards, from Mediterranean Ave to Boardwalk, with an exercise written on each card (just like in class). These cards are spread out around the perimeter of the living room. Each player chooses a game card spot/space on the monopoly board to begin the game (these game board spots/spaces could be sheets of paper, face cloths, socks, whatever you have). Each student reads the required exercise for his/her spot and performs the exercise listed while music plays (approx.. 1-2 minutes). When the music stops, all exercises stop. One player rolls the dice again and all players move the required number of monopoly board game cards forward. Once again each player reads his/her card and performs the required exercise while music plays.

Fit-opoly Exercise List

- ↪ figure 8 around legs
- basketball crazy "8" (any ball that bounces)
- basketball dribble (any ball)
- bench jumps
- curl-ups
- free parking= get a drink of water
- go to jail= sit on chair in corner
- jog with bum kicks
- jog on the spot
- juggle 3 bean bags / rolled socks / scarves
- jump for distance
- jump rope forward - no rope? pretend you have one!
- jump vertically for height
- jumping jacks
- mountain climbers
- pass ball to wall
- push-ups
- shoulder touches from a push up position
- side leg raises
- ski jumps
- plank
- skip rope backwards (pretend)
- step-ups on a stair
- stride jumps
- wall sit
- shoot "hoops" into a bucket
- Vsit -  - use your core to stay there

TITLE DEED

TENNESSEE AVENUE

RENT \$14

With 1 House	\$70
With 2 Houses	\$200
With 3 Houses	\$550
With 4 Houses	\$750
With HOTEL	\$950

Mortgage Value \$90

Houses cost \$100 each

Hotels, \$100 each plus 4 houses

If a player owns all the sites of any color group, the rent is doubled on unimproved sites in that group.

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TITLE DEED

NEW YORK AVENUE

RENT \$16

With 1 House	\$80
With 2 Houses	\$220
With 3 Houses	\$600
With 4 Houses	\$800
With HOTEL	\$1000

Mortgage Value \$100

Houses cost \$100 each

Hotels, \$100 each plus 4 houses

If a player owns all the sites of any color group, the rent is doubled on unimproved sites in that group.

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TITLE DEED

KENTUCKY AVENUE

RENT \$18

With 1 House	\$90
With 2 Houses	\$250
With 3 Houses	\$700
With 4 Houses	\$875
With HOTEL	\$1050

Mortgage Value \$110

Houses cost \$150 each

Hotels, \$150 each plus 4 houses

If a player owns all the sites of any color group, the rent is doubled on unimproved sites in that group.

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TITLE DEED

STATES AVENUE

RENT \$10

With 1 House	\$50
With 2 Houses	\$150
With 3 Houses	\$450
With 4 Houses	\$625
With HOTEL	\$750

Mortgage Value \$70

Houses cost \$100 each

Hotels, \$100 each plus 4 houses

If a player owns all the sites of any color group, the rent is doubled on unimproved sites in that group.

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TITLE DEED

VIRGINIA AVENUE

RENT \$12

With 1 House	\$60
With 2 Houses	\$180
With 3 Houses	\$500
With 4 Houses	\$700
With HOTEL	\$900

Mortgage Value \$80

Houses cost \$100 each

Hotels, \$100 each plus 4 houses

If a player owns all the sites of any color group, the rent is doubled on unimproved sites in that group.

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TITLE DEED

ST. JAMES PLACE

RENT \$14

With 1 House	\$70
With 2 Houses	\$200
With 3 Houses	\$550
With 4 Houses	\$750
With HOTEL	\$950

Mortgage Value \$90

Houses cost \$100 each

Hotels, \$100 each plus 4 houses

If a player owns all the sites of any color group, the rent is doubled on unimproved sites in that group.

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TITLE DEED

VERMONT AVENUE

RENT \$6

With 1 House	\$30
With 2 Houses	\$90
With 3 Houses	\$270
With 4 Houses	\$400
With HOTEL	\$550

Mortgage Value \$50

Houses cost \$50 each

Hotels, \$50 each plus 4 houses

If a player owns all the sites of any color group, the rent is doubled on unimproved sites in that group.

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TITLE DEED

CONNECTICUT AVENUE

RENT \$8

With 1 House	\$40
With 2 Houses	\$100
With 3 Houses	\$300
With 4 Houses	\$450
With HOTEL	\$600

Mortgage Value \$60

Houses cost \$50 each

Hotels, \$50 each plus 4 houses

If a player owns all the sites of any color group, the rent is doubled on unimproved sites in that group.

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TITLE DEED

ST. CHARLES PLACE

RENT \$10

With 1 House	\$50
With 2 Houses	\$150
With 3 Houses	\$450
With 4 Houses	\$625
With HOTEL	\$750

Mortgage Value \$70

Houses cost \$100 each

Hotels, \$100 each plus 4 houses

If a player owns all the sites of any color group, the rent is doubled on unimproved sites in that group.

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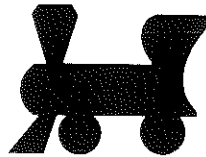
ELECTRIC COMPANY

If one "Utility" is owned,
rent is 4 times amount
shown on dice.

If both "Utilities" are owned,
rent is 10 times amount
shown on dice.

Mortgage Value \$75

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B. & O. RAILROAD

RENT \$25

If 2 railroads are owned \$50

If 3 railroads are owned \$100

If 4 railroads are owned \$200

Mortgage Value \$100

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TITLE DEED

ORIENTAL AVENUE

RENT \$6

With 1 House \$30

With 2 Houses \$90

With 3 Houses \$270

With 4 Houses \$400

With HOTEL \$550

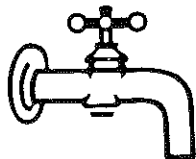
Mortgage Value \$50

Houses cost \$50 each

Hotels, \$50 each
plus 4 houses

If a player owns all the sites of any color group,
the rent is doubled on unimproved sites in that group.

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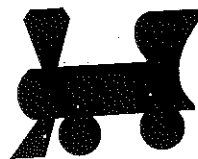
WATER WORKS

If one "Utility" is owned,
rent is 4 times amount
shown on dice.

If both "Utilities" are owned,
rent is 10 times amount
shown on dice.

Mortgage Value \$75

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READING RAILROAD

RENT \$25

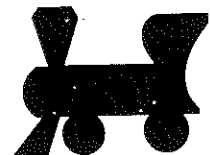
If 2 railroads are owned \$50

If 3 railroads are owned \$100

If 4 railroads are owned \$200

Mortgage Value \$100

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PENNSYLVANIA RAILROAD

RENT \$25

If 2 railroads are owned \$50

If 3 railroads are owned \$100

If 4 railroads are owned \$200

Mortgage Value \$100

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RENT \$4

With 1 House \$20

With 2 Houses \$60

With 3 Houses \$180

With 4 Houses \$320

With HOTEL \$450

Mortgage Value \$30

Houses cost \$50 each

Hotels, \$50 each
plus 4 houses

If a player owns all the sites of any color group,
the rent is doubled on unimproved sites in that group.

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RENT \$2

With 1 House \$10

With 2 Houses \$30

With 3 Houses \$90

With 4 Houses \$160

With HOTEL \$250

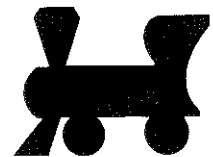
Mortgage Value \$30

Houses cost \$50 each

Hotels, \$50 each
plus 4 houses

If a player owns all the sites of any color group,
the rent is doubled on unimproved sites in that group.

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SHORT LINE

RENT \$25

If 2 railroads are owned \$50

If 3 railroads are owned \$100

If 4 railroads are owned \$200

Mortgage Value \$100

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