

MUSCULAR STRENGTH	<p>Go to the Dark Alley and complete 5 push-ups to find a private investa-gator who can help you on your mission.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>3</td><td>5</td><td>7</td></tr></table>	EASY	AVERAGE	CHALLENGING	3	5	7	MUSCULAR STRENGTH	<p>Crab-walk to the copy store to obtain a piece of data on the whereabouts of the Sofa Potato.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10 sec</td><td>15 sec</td><td>20 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	10 sec	15 sec	20 sec
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MUSCULAR STRENGTH	<p>You drank a fruit smoothie and had a sudden burst of energy. Do some lunges on each leg to move to the next space.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>5/leg</td><td>10/leg</td><td>15/leg</td></tr></table>	EASY	AVERAGE	CHALLENGING	5/leg	10/leg	15/leg	CARDIO	<p>Uh oh! You didn't get enough sleep last night and are moving at a slow pace! Do some skaters and then go back 5 spaces.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>5/leg</td><td>7/leg</td><td>10/leg</td></tr></table>	EASY	AVERAGE	CHALLENGING	5/leg	7/leg	10/leg
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EASY	AVERAGE	CHALLENGING													
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CORE STRENGTH	<p>Go to the pawn shop to see if Sofa Potato had any dealings there and then do some Leg Lifters.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>3</td><td>5</td><td>7</td></tr></table>	EASY	AVERAGE	CHALLENGING	3	5	7	FLEXIBILITY	<p>You found a piece of peel that's a DNA match for Sofa Potato. Do the Warrior One pose and then take an extra piece of evidence.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10 sec</td><td>20 sec</td><td>30 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	10 sec	20 sec	30 sec
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EASY	AVERAGE	CHALLENGING													
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CORE STRENGTH	<p>Sofa Potato has pawned several items at the pawn shop. Complete the superman exercise and receive an extra piece of evidence.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10 sec</td><td>20 sec</td><td>30 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	10 sec	20 sec	30 sec	CARDIO	<p>You stared at your phone screen for too long. Do some mountain climbers with your eyes closed.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>5/leg</td><td>7/leg</td><td>10/leg</td></tr></table>	EASY	AVERAGE	CHALLENGING	5/leg	7/leg	10/leg
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CARDIO	<p>You ate a lot of candy. Work off your sugar rush by doing high-knees.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10/leg</td><td>15/leg</td><td>20/leg</td></tr></table>	EASY	AVERAGE	CHALLENGING	10/leg	15/leg	20/leg	FLEXIBILITY	<p>You've been inside too long. Do a butterfly sit and then advance to the Park.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>20 sec</td><td>30 sec</td><td>45 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	20 sec	30 sec	45 sec
EASY	AVERAGE	CHALLENGING													
10/leg	15/leg	20/leg													
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I	<p>While sneaking around, you trip, fall, and get a catastrophic injury in your leg. Choose another player to do your exercises on your next turn.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>—</td><td>—</td><td>—</td></tr></table>	EASY	AVERAGE	CHALLENGING	—	—	—	CORE STRENGTH	<p>You won the lottery! Take an extra piece of evidence, advance 10 spaces and then do a raised leg plank.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10 sec</td><td>15 sec</td><td>20 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	10 sec	15 sec	20 sec
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EASY	AVERAGE	CHALLENGING													
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CORE STRENGTH	<p>Sitting in one place too long has put your leg to sleep. Do a low plank with one leg or move back 3 spaces.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10 sec</td><td>15 sec</td><td>20 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	10 sec	15 sec	20 sec	CORE STRENGTH	<p>You got a full night's sleep last night and are full of energy. Do lemon squeezes and move ahead 5 spaces.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>5</td><td>7</td><td>10</td></tr></table>	EASY	AVERAGE	CHALLENGING	5	7	10
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CARDIO	<p>A guard appears! Play battle music and skip a turn as you fight him. Jump, Jump, Jump, PUNCH!</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>1x</td><td>2x</td><td>3x</td></tr></table>	EASY	AVERAGE	CHALLENGING	1x	2x	3x	CARDIO	<p>Sofa Potato tried to stop kids from playing on the merry-go-round at recess. Do a few 180° jumps, then advance to the Playground.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>2</td><td>3</td><td>4</td></tr></table>	EASY	AVERAGE	CHALLENGING	2	3	4
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MUSCULAR STRENGTH	<p>As you eavesdrop on Sofa Potato’s secret meeting, do some wall pushups.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10 sec</td><td>20 sec</td><td>30 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	10 sec	20 sec	30 sec	CARDIO	<p>A granola bar invigorates you. Do some butt-kicks and move forward one space.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10/leg</td><td>15/leg</td><td>20/leg</td></tr></table>	EASY	AVERAGE	CHALLENGING	10/leg	15/leg	20/leg
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MUSCULAR STRENGTH	<p>A pandemic broke out! Wear a mask for the rest of the game and do some triceps dips.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>5</td><td>7</td><td>10</td></tr></table>	EASY	AVERAGE	CHALLENGING	5	7	10	CORE STRENGTH	<p>Rumor has it that there’s a mole! Do some flutter kicks and pick a player to lose one turn.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>5 sec</td><td>7 sec</td><td>10 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	5 sec	7 sec	10 sec
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EASY	AVERAGE	CHALLENGING													
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FLEXIBILITY	<p>You received an anonymous tip. Do a slide and then slide to Evidence Square.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>5 sec</td><td>10 sec</td><td>15 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	5 sec	10 sec	15 sec	MUSCULAR STRENGTH	<p>Go to the game shop. Lose a turn as you play a video game and do some arm circles.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10</td><td>15</td><td>20</td></tr></table>	EASY	AVERAGE	CHALLENGING	10	15	20
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EASY	AVERAGE	CHALLENGING													
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FLEXIBILITY	<p>Sofa Potato let some snakes on the loose. Jump 2 times after holding a cobra pose.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10 sec</td><td>15 sec</td><td>20 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	10 sec	15 sec	20 sec	FLEXIBILITY	<p>You dropped an important clue. Lose a piece of evidance and do toe touches.</p> <table><tr><th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr><tr><td>10 sec</td><td>15 sec</td><td>20 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	10 sec	15 sec	20 sec
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CARDIO	<p>Sofa Potato's henchmen are following you. Do a distraction dance of your choice, then take an extra turn.</p> <table> <tr> <th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr> <tr> <td>10 sec</td><td>20 sec</td><td>30</td></tr> </table>	EASY	AVERAGE	CHALLENGING	10 sec	20 sec	30	<p>You're about to be mugged! Fight back with this combination: Kick, duck, kick, jump, spin, punch</p> <table> <tr> <th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr> <tr> <td>1x</td><td>2x</td><td>3x</td></tr> </table>	EASY	AVERAGE	CHALLENGING	1x	2x	3x
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EASY	AVERAGE	CHALLENGING												
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FLEXIBILITY	<p>You fell into the river while looking for clues. Do the boat pose to save yourself, then advance to the River.</p> <table> <tr> <th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr> <tr> <td>10 sec</td><td>15 sec</td><td>30 sec</td></tr> </table>	EASY	AVERAGE	CHALLENGING	10 sec	15 sec	30 sec	<p>Advance to the School. Oh no, the bad guys are coming! Use the child's pose to blend in with the children.</p> <table> <tr> <th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr> <tr> <td>10 sec</td><td>20 sec</td><td>30 sec</td></tr> </table>	EASY	AVERAGE	CHALLENGING	10 sec	20 sec	30 sec
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CARDIO	<p>Sofa Potato has covered the ground with rubble. Air Jump Rope over all of it!</p> <table> <tr> <th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr> <tr> <td>10</td><td>15</td><td>20</td></tr> </table>	EASY	AVERAGE	CHALLENGING	10	15	20	<p>Oh no! Sofa Potato is increasing heat on the floor! Do some shoulder taps to keep your hands from burning.</p> <table> <tr> <th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr> <tr> <td>5/arm</td><td>7/arm</td><td>10/arm</td></tr> </table>	EASY	AVERAGE	CHALLENGING	5/arm	7/arm	10/arm
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EASY	AVERAGE	CHALLENGING												
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CORE STRENGTH	<p>Sofa Potato just threw a bomb into your lap. Do some crunches to crush it.</p> <table> <tr> <th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr> <tr> <td>10</td><td>15</td><td>20</td></tr> </table>	EASY	AVERAGE	CHALLENGING	10	15	20	<p>Sofa Potato let out his rabid dog. Quick! Hold the downward dog pose to confuse him.</p> <table> <tr> <th>EASY</th><th>AVERAGE</th><th>CHALLENGING</th></tr> <tr> <td>15 sec</td><td>20 sec</td><td>30 sec</td></tr> </table>	EASY	AVERAGE	CHALLENGING	15 sec	20 sec	30 sec
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CARDIO	<p>Do some jumping jacks on your way to the captive square. Don't worry, you're just sneaking around.</p> <table><tr><td>EASY</td><td>AVERAGE</td><td>CHALLENGING</td></tr><tr><td>5</td><td>10</td><td>15</td></tr></table>	EASY	AVERAGE	CHALLENGING	5	10	15	CARDIO	<p>You had too much soda. Do some burpees and move back 2 spaces.</p> <table><tr><td>EASY</td><td>AVERAGE</td><td>CHALLENGING</td></tr><tr><td>3</td><td>5</td><td>10</td></tr></table>	EASY	AVERAGE	CHALLENGING	3	5	10
EASY	AVERAGE	CHALLENGING													
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EASY	AVERAGE	CHALLENGING													
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CORE STRENGTH	<p>Sofa Potato just zapped his freeze ray. Hold a high plank to make it look like you got hit and then advance 4 spaces.</p> <table><tr><td>EASY</td><td>AVERAGE</td><td>CHALLENGING</td></tr><tr><td>20 sec</td><td>25 sec</td><td>30 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	20 sec	25 sec	30 sec	FLEXIBILITY	<p>You found the scissors that Sofa Potato used to cut up his evidence! Do some scissors and gain one piece of evidence!</p> <table><tr><td>EASY</td><td>AVERAGE</td><td>CHALLENGING</td></tr><tr><td>15 sec</td><td>25 sec</td><td>30 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	15 sec	25 sec	30 sec
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CORE STRENGTH	<p>You're on the edge of a cliff! Do some sit-ups to get to safety.</p> <table><tr><td>EASY</td><td>AVERAGE</td><td>CHALLENGING</td></tr><tr><td>10</td><td>15</td><td>20</td></tr></table>	EASY	AVERAGE	CHALLENGING	10	15	20	FLEXIBILITY	<p>You're on stakeout duty at the park. Do a tree pose to blend in.</p> <table><tr><td>EASY</td><td>AVERAGE</td><td>CHALLENGING</td></tr><tr><td>15 sec</td><td>20 sec</td><td>30 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	15 sec	20 sec	30 sec
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CARDIO	<p>Sofa Potato's minions are chasing you! Jog in place to get away.</p> <table><tr><td>EASY</td><td>AVERAGE</td><td>CHALLENGING</td></tr><tr><td>10 sec</td><td>20 sec</td><td>30 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	10 sec	20 sec	30 sec	FLEXIBILITY	<p>Sofa Potato's henchmen try to lure you with a trail of tortilla chips. Resist the temptation and hold a triangle pose.</p> <table><tr><td>EASY</td><td>AVERAGE</td><td>CHALLENGING</td></tr><tr><td>10 sec</td><td>15 sec</td><td>20 sec</td></tr></table>	EASY	AVERAGE	CHALLENGING	10 sec	15 sec	20 sec
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