





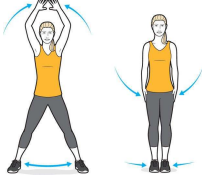


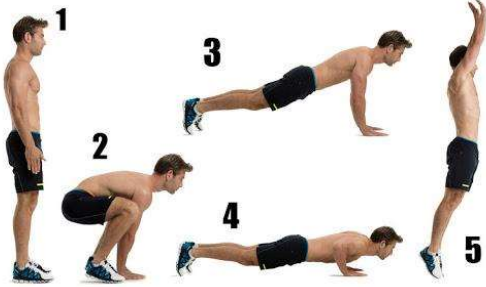



Instructions: Find a pair of dice. Roll the dice and complete the exercise next to the corresponding number! Roll the dice at least 15 times! (It doesn't matter if you repeat some of the exercises) Get your family to exercise with you!!!



<p>1. 10 squats</p> 	<p>7. 30 arm circles (15 in each direction)</p> 
<p>2. 10 push-ups</p> 	<p>8. 10 jump-tucks</p> 
<p>3. 10 sit-ups</p> 	<p>9. 10 Tricep-dips (using a chair)</p> 
<p>4. 20 jumping jacks</p> 	<p>10. 20 Ab "bicycles"</p> 
<p>5. 30 second abdominal plank</p> 	<p>11. 5 Burpees</p> 
<p>6. 20 butt kicks</p> 	<p>12. 1 minute balancing on one foot (30 seconds per each foot)</p> 