

DICE EXERCISES

Sport-folio

ONE

10 PUSH-UPS



TWO

RUN

2

LAPS



THREE

10

JUMPS



FOUR

BUTTERFLY STRETCH

30

SECONDS



FIVE

10

SQUATS



SIX

ASK A
FAMILY
MEMBER



FITNESS

DICE EXERCISES

Sport-foto

ONE



10 SECOND
QUAD STRETCH
EACH FOOT

TWO



30 SECOND PLANK

THREE



20 SECOND
NECK
STRETCH

FOUR



CLOSE YOUR
EYES
AND PICK

FIVE



30 SECOND
WALL SIT

SIX



CRAB WALK ACROSS
GYM & BACK

Dice Exercises

Sport-folio

ONE



10
Lunges



TWO



5
Sit-Ups



THREE



Skip
1 Lap



FOUR



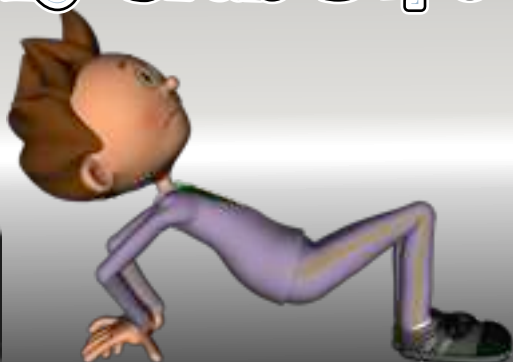
20 Second
Stretch



FIVE



15 Crab Dips



SIX



1 Foot
Balance
20 Seconds



FITNESS

DICE EXERCISES

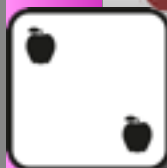
Sport-foto

ONE



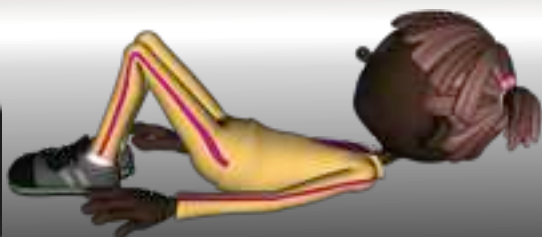
1 LAP
ON
TOES

TWO



20
SPEED JUMPS

THREE



10
CURL-UPS

FOUR



BEAR CRAWL

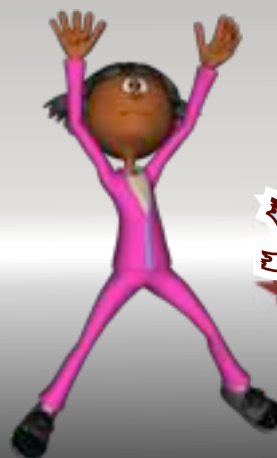
1 LAP

FIVE



15 SECOND
TRUNK
LIFT

SIX



10
JUMPING
JACKS