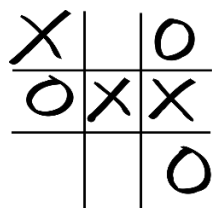





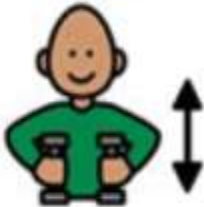



Tic-Tac-“Tone” Fitness Board

Played like tic-tac-toe. To claim a square, perform the exercise!



(Change exercises / squares to suit your family)

<p>Jump Forward and Back</p> 	<p>Sit-ups</p> 	<p>Jumping Jacks</p> 
<p>March</p> 	<p>Free Choice</p>	<p>Push-ups</p> 
<p>Lift Weights</p> 	<p>Touch Toes</p> 	<p>Stretch Arms Up</p> 