

# **ROLL THE DICE**

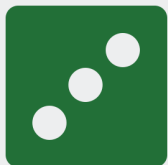
## **EXERCISE GAME**



**JOG IN PLACE**



**JUMPING JACKS**



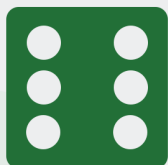
**ARM CIRCLES**



**REACH YOUR TOES**



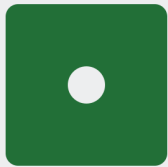
**SQUATS**



**FREESTYLE DANCE!**

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## **EXERCISE GAME**



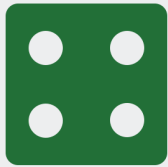
**BURPEES**



**HIGH KNEES**



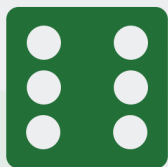
**CRUNCHES**



**PUSH-UPS**



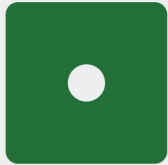
**LUNGES**



**FREESTYLE DANCE!**

# **ROLL THE DICE**

## **EXERCISE GAME**



**LEG RAISES**



**PLANK**



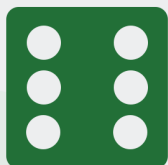
**FROG JUMPS**



**SIT-UPS**



**CARTWHEEL**



**FREESTYLE DANCE!**