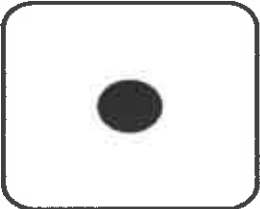

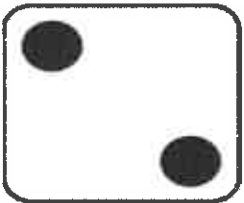

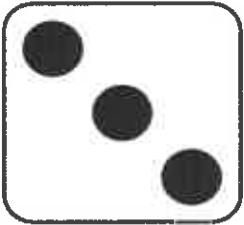

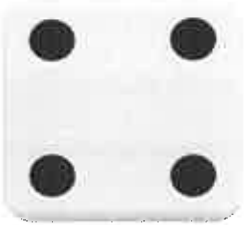

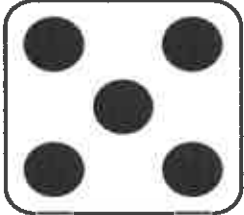

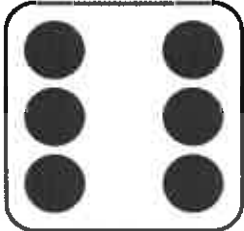



Roll the Dice & do the Exercise

Roll the dice and do the exercise that represents the dice number to make it harder throw two dice and do double the exercise.

	20 JUMPING JACKS 
	 15 SIT - UPS
	HOP ON ONE FOOT (5 TIMES ON EACH FOOT) 
	 10 PUSH - UPS
	TOUCH YOUR TOES (HOLD FOR 15 SECONDS) 
	 RUN IN PLACE (30 SECONDS)

WORK OUT FOR CLUB GIRLS

WHAT'S YOUR NAME

SPELL OUT YOUR NAME :

START WITH FIRST NAME, THEN MAYBE MIDDLE NAME, THEN YOU'RE SURNAME AND IF YOU ARE REALLY ACTIVE DO YOU'RE WHOLE NAME TOGETHER.

A	50 JUMPING JACKS	N	15 BURPEES
B	30 BURPEES	O	30 SECOND WALL SIT
C	15 PRESS- UPS	P	30 HANDSTAND HOLD
D	25 V-SITS	Q	30 SECONDS BOX SPLITS
E	30 SECOND DISH HOLD	R	10 SECOND BRIDGE HOLD
F	30 SECOND ARCH HOLD	S	15 SQUAT JUMPS
G	15 DISH TO TUCKS	T	30 SECONDS PLANK HOLD
H	20 BURPEES	U	30 SECOND RIGHT SIDE PLANK
I	30 SECONDS LEFT LEG SPLITS	V	30 SECOND LEFT SIDE PLANK
J	30 SECONDS RIGHT SIDE SPLITS	W	30 DISH TO TUCK
K	30 PRESS – UPS	X	20 DISH ROCKS
L	40 JUMPING JACKS	Y	1 MINUTE HANDSTAND HOLD (WALL)
M	40 V – SITS	Z	1 MINUTE WALL SIT

Sample: Agnes = A 50 Jumping Jacks

G 15 Dish to Tuck

N 15 Burpees

E 30 Second Dish Hold

S 15 Squat Jumps

WORK OUT FOR BEGINNERS

WHAT'S YOUR HOBBIES

SPELL OUT DIFFERENT HOBBIES AND WORK ON A DIFFERENT EXERCISE EACH DAY.

IE HERE IS SOME HOBBYS THAT YOU CAN WORK OUT TO.

GYMNASTICS	FOOTBALL	DANCING	SWIMMING	KARATE
RUNNING	CYCLING	HOCKEY	BASKETBALL	TENNIS
RUGBY	FENCING	JUDO	DRAMA	BOCCIA
BADMINTON	CLIMBING	YOGA		

A 10 JUMPING JACKS

B 5 PUSH-UPS

C 3 BURPEES

D 20 HIGH KNEES

E 5 CRUNCHES

F 10 MOUNTAIN CLIMBERS

G 5 SQUATS

H 10 FRONT LUNGES (5 EACH LEG)

I 10 SIDE LUNGES (5 EACH SIDE)

J 10 SECOND WALL SIT

K 5 CALF RAISES

L 5 SECOND PLANK

M 3 SQUAT JUMPS

N 10 SECOND SKIPPING ROPE

O 10 RUSSIAN TWISTS

P 5 STAR JUMPS

Q 10 ARM CIRCLES

R 10 BUTTERFLYS

S 20 SECOND JOG IN PLACE

T 10 BUTT KICKS

U 5 INCHWORMS

V 5 TRICEP DIPS

W 3 TUCK JUMPS

X 5 DISH & ARCH ROCKS

Y 10 LEG RAISES

Z 5 SQUAT JACKS