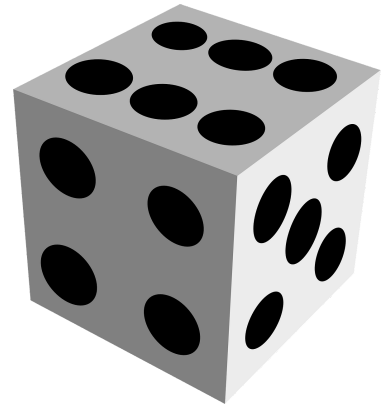


Dice Workout

Roll the dice twice.

1st Roll is the workout

2nd Roll is how many



1st Roll

2nd Roll

Workout

Amount

1. Squat

1. 5 reps

2. Jumping Jacks

2. 10 reps

3. Push Ups

3. 15 reps

4. Mountain Climbers

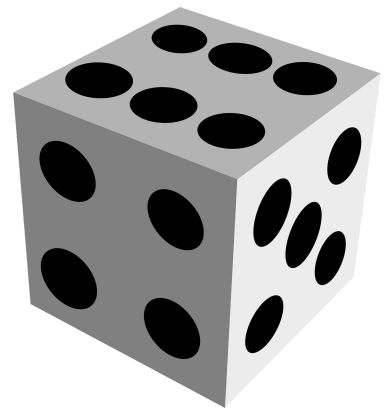
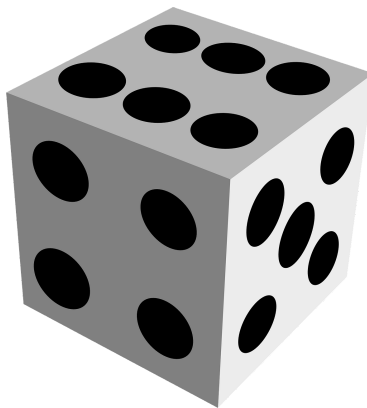
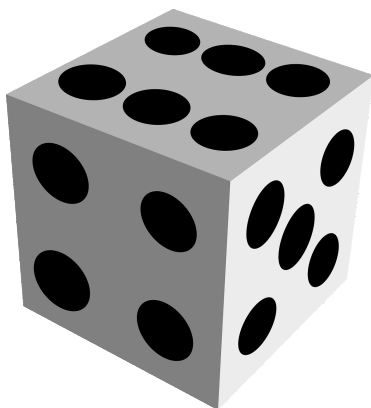
4. 20 reps

5. Sit Ups

5. 25 reps

6. Lunges

6. 30 reps





Flip A Coin Workout

Flip the coin 9 times for a great workout!

	Heads:	Tails:
1st Flip	15 jump squats	25 calf raises
2nd Flip	:60 jog in place	25 jumping jacks
3rd Flip	20 kneeling push ups	10 push ups
4th Flip	20 jumping jacks	:50 jog in place
5th Flip	40 high knees	40 jumping jacks
6th Flip	35 crunches	20 sit ups
7th Flip	10 push ups	20 kneeling push ups
8th Flip	:60 second jog in place	25 jumping jacks
9th Flip	50 crunches	20 sit ups



