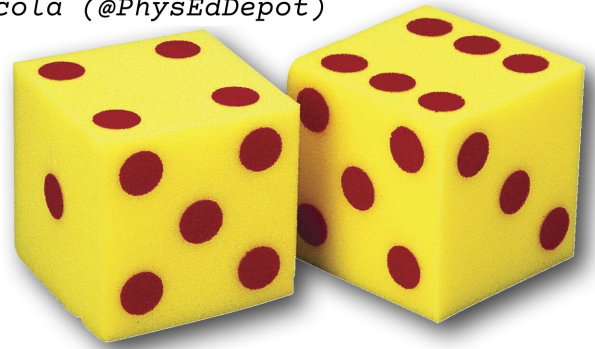


FIT DICE



ROLL 2 DICE

IF YOU ROLLED

THEN YOU'LL DO THIS EXERCISE

ROLL THIS MANY DICE FOR # OF REPS

2	→	JUMPING JACKS	→	4 DICE
3	→	PUSH-UPS	→	3 DICE
4	→	CURL-UPS	→	4 DICE
5	→	SQUAT JUMPS	→	2 DICE
6	→	JOG IN PLACE	→	4 DICE
7	→	FOREARM PLANK	→	3 DICE
8	→	ARM CIRCLES	→	4 DICE
9	→	SQUATS	→	3 DICE
10	→	PUSH-UPS	→	2 DICE
11	→	CURL-UPS	→	3 DICE
12	→	JUMPING JACKS	→	3 DICE