

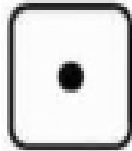
Spell your name PE!

- A- 5 Jumping Jacks
- B- 5 Jumping Jacks
- C- 10 jumps
- D- hop on your right foot
- E- hop on your left foot
- F- crab walk for 10 seconds
- G- do 5 sit ups
- H- 10 mountain climbers
- I- 5 push ups
- J- 30 second high knees
- K- kick your left foot as high as you can
- L- kick your right foot as high as you can
- M- 5 jumping jacks
- N- 10 jumps
- O- hop on your right foot
- P- hop on your left foot
- Q- do 5 sit ups
- R- do 10 mountain climbers
- S- crab walk for 10 seconds
- T- 5 push ups
- U- kick your right foot as high as you can
- V- kick your left foot as high as you can
- W- Run in place for 30 seconds
- X- run with high knees
- Y- 5 push ups
- Z- 5 sit ups

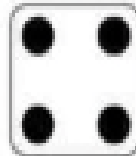
SUPERHERO DICE FITNESS



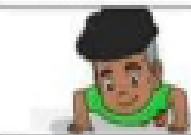
To be HEALTHY for a lifetime, it's important to get 60 Minutes of physical activity every day! Play Super Hero Dice Fitness every day. Roll the dice, perform the exercise that matches the number rolled. Start with 5 X's for each exercise and increase the number of repetitions you do every day for each exercise.



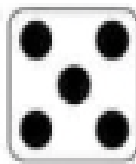
CURL-UPS



JUMPING JACKS



PUSH-UPS



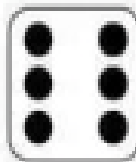
Crab Walk



CRAB KICKS



SQUATS

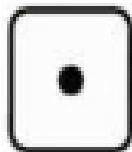


PRETEND JUMP ROPE

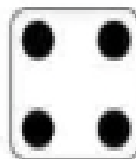
SUPERHERO DICE FITNESS



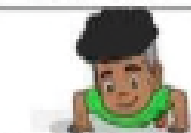
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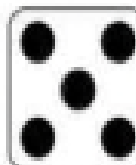
CURL-UPS



JUMPING JACKS



PUSH-UPS



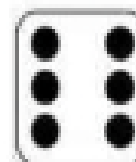
Crab Walk



CRAB KICKS



SQUATS



PRETEND JUMP ROPE