

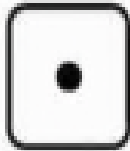
Flip a coin and do the exercise the coin lands on -
Heads or Tails

	Heads	Tails
Round 1 (Cardio)	:60 jog in place	25 Jumping Jacks
Round 2 (Lower Body)	15 Squats	25 Calf Raises
Round 3 (Upper Body)	20 Kneeling Push ups	10 Regular Push ups
Round 4 (Cardio)	30 Mountain Climbers	20 High Knees
Round 5 (Core)	35 Butterfly Kicks	20 Sit ups
Round 6 (Upper Body)	20 Tricep Dips	40 Punches
Round 7 (Cardio)	12 Burpees	15 Jumping Lunges
Round 8 (Core)	:60 Plank	15 V-Sits
Round 9 (Lower Body)	20 Forward Lunges	15 Donkey Kicks
Round 10 (Cardio)	30 Butt Kicks	20 Skaters

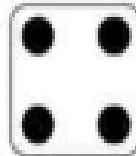
SUPERHERO DICE FITNESS



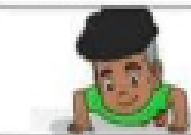
To be HEALTHY for a lifetime, it's important to get 60 Minutes of physical activity every day! Play Super Hero Dice Fitness every day. Roll the dice, perform the exercise that matches the number rolled. Start with 5 X's for each exercise and increase the number of repetitions you do every day for each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



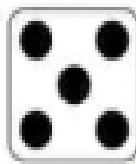
CURL-UPS



JUMPING JACKS



PUSH-UPS



Crab Walk



CRAB KICKS



SQUATS

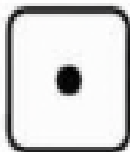


PRETEND JUMP ROPE

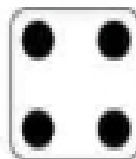
SUPERHERO DICE FITNESS



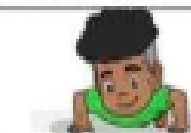
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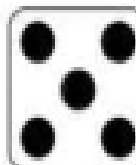
CURL-UPS



JUMPING JACKS



PUSH-UPS



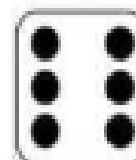
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CRAB KICKS



SQUATS



PRETEND JUMP ROPE