

DIAGRAM: Dice-er-cise Exercise Card

Refer to Flash Fitness Muscular Strength Task Cards for descriptions

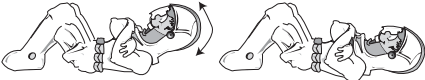


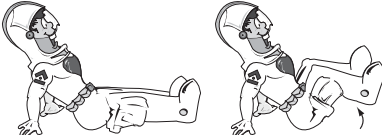


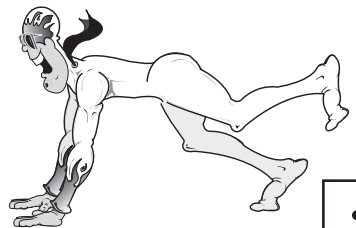
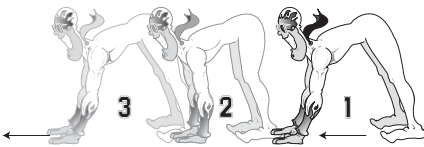
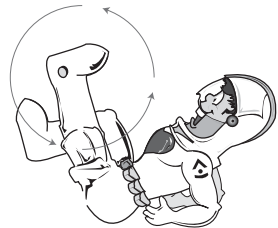

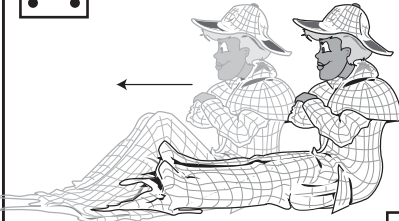
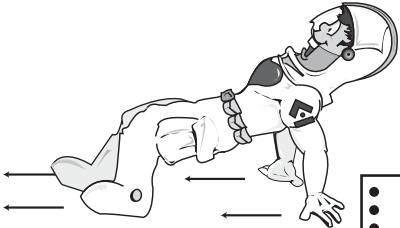
<p>1. CURL-UPS</p>  <p>1</p>	<p>2. ARM CIRCLES</p>  <p>2</p>	<p>3. PUSH-UPS</p>  <p>3</p>
<p>4. KNEE TO CHEST CURLS</p>  <p>4</p>	<p>5. CRAB KICKS</p>  <p>5</p>	<p>6. BEAR WALK</p>  <p>6</p>

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<p>1 LAME DOG WALK</p>  <p>1</p>	<p>1 INCHWORM</p>  <p>1</p>	<p>2 BICYCLE</p>  <p>2</p>
<p>2 YOUR CHOICE</p>  <p>2</p>	<p>3 SEAT PULL</p>  <p>3</p>	<p>3 CRAB WALK</p>  <p>3</p>