

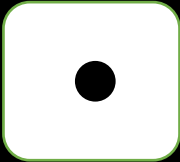





Gymnastics At Home - Pulse Raiser

Roll the Dice

Roll 1 dice to see which exercise to do from the list below.

Then roll 2 dice at the same time and add the numbers together to see the amount of repetitions to do for the exercise.

Repeat 10 Rounds.

	Jump Lunges
	Push Ups
	Jumping Jacks
	Squat Jumps
	Skater Jumps
	Burpees