

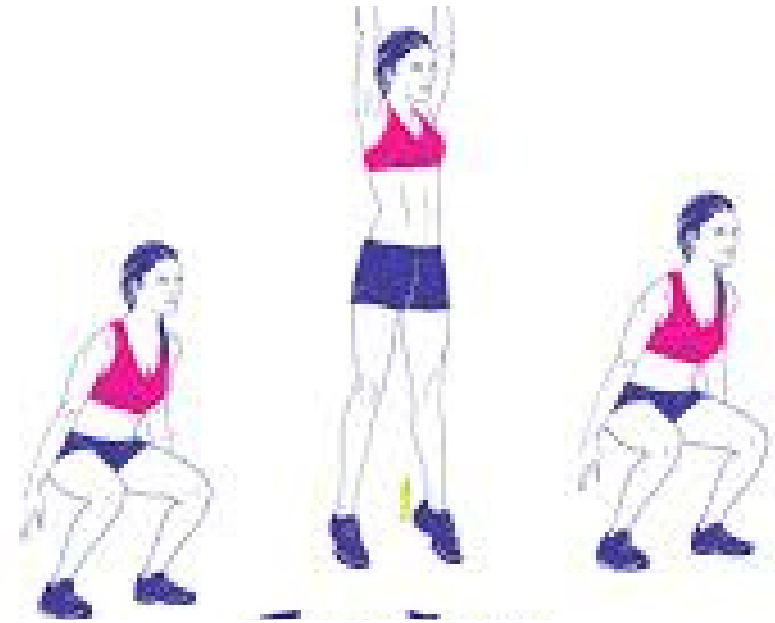
DPA Dice

Dice 1:

1. Jumping Jacks for 1 minute



2. Frog jumps in pairs for 1 minute



3. Push-ups for 30 seconds



4. Jump rope for 40 seconds



5. Lunges for 50 seconds



6. Bicycle crunches for 60 seconds



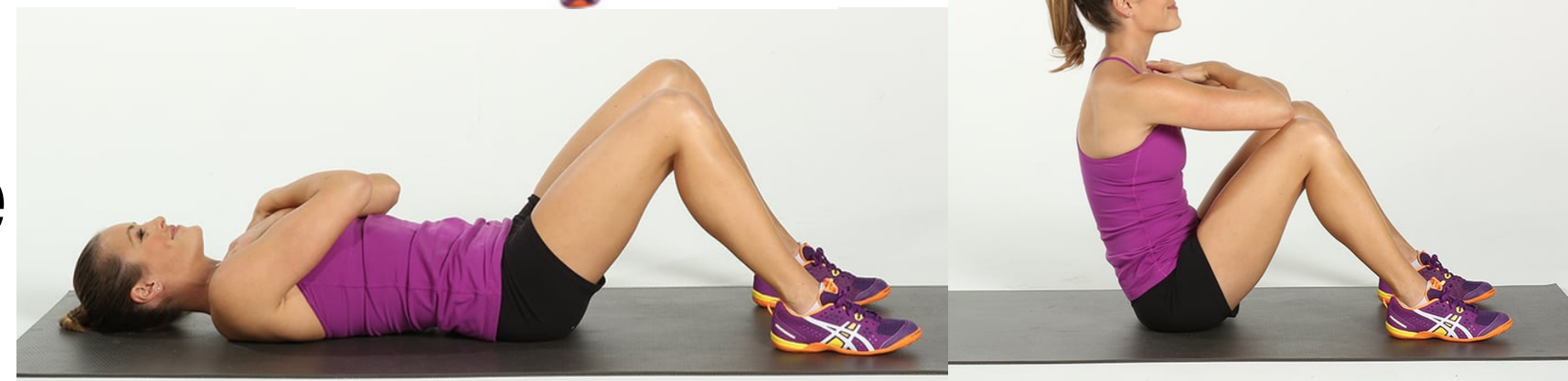
DPA Dice

Dice 2:

1. Jogging on the spot for 1 minute



2. Sit-ups in pairs for 1 minute



3. Burpees for 30 seconds



4. Jump squats for 40 seconds



5. Skaters for 50 seconds



6. Down-dog leg up for 60 seconds

