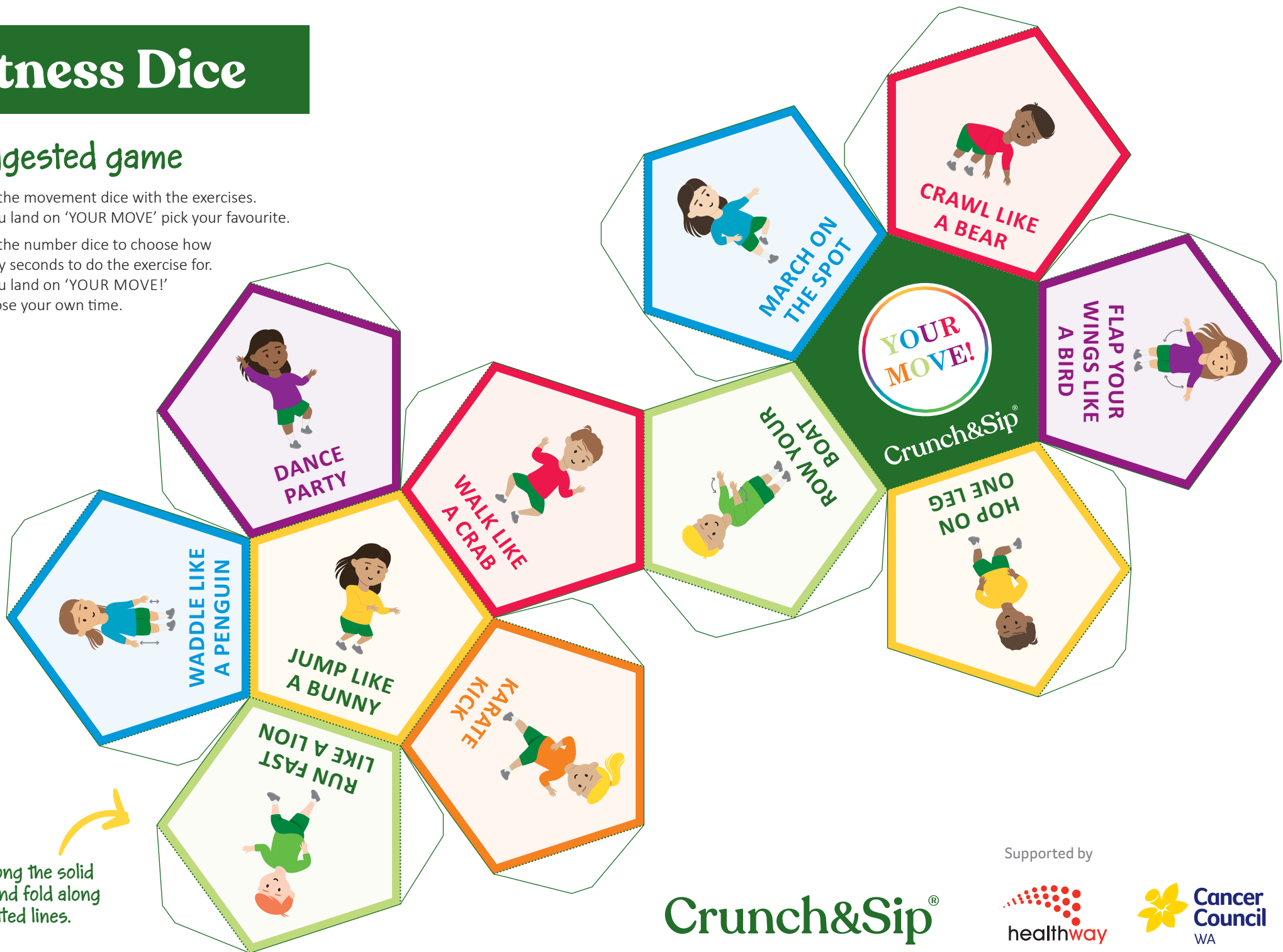


Fitness Dice

Suggested game

1. Roll the movement dice with the exercises.
If you land on 'YOUR MOVE' pick your favourite.
2. Roll the number dice to choose how many seconds to do the exercise for.
If you land on 'YOUR MOVE!' choose your own time.



Cut along the solid lines and fold along the dotted lines.

Crunch&Sip[®]

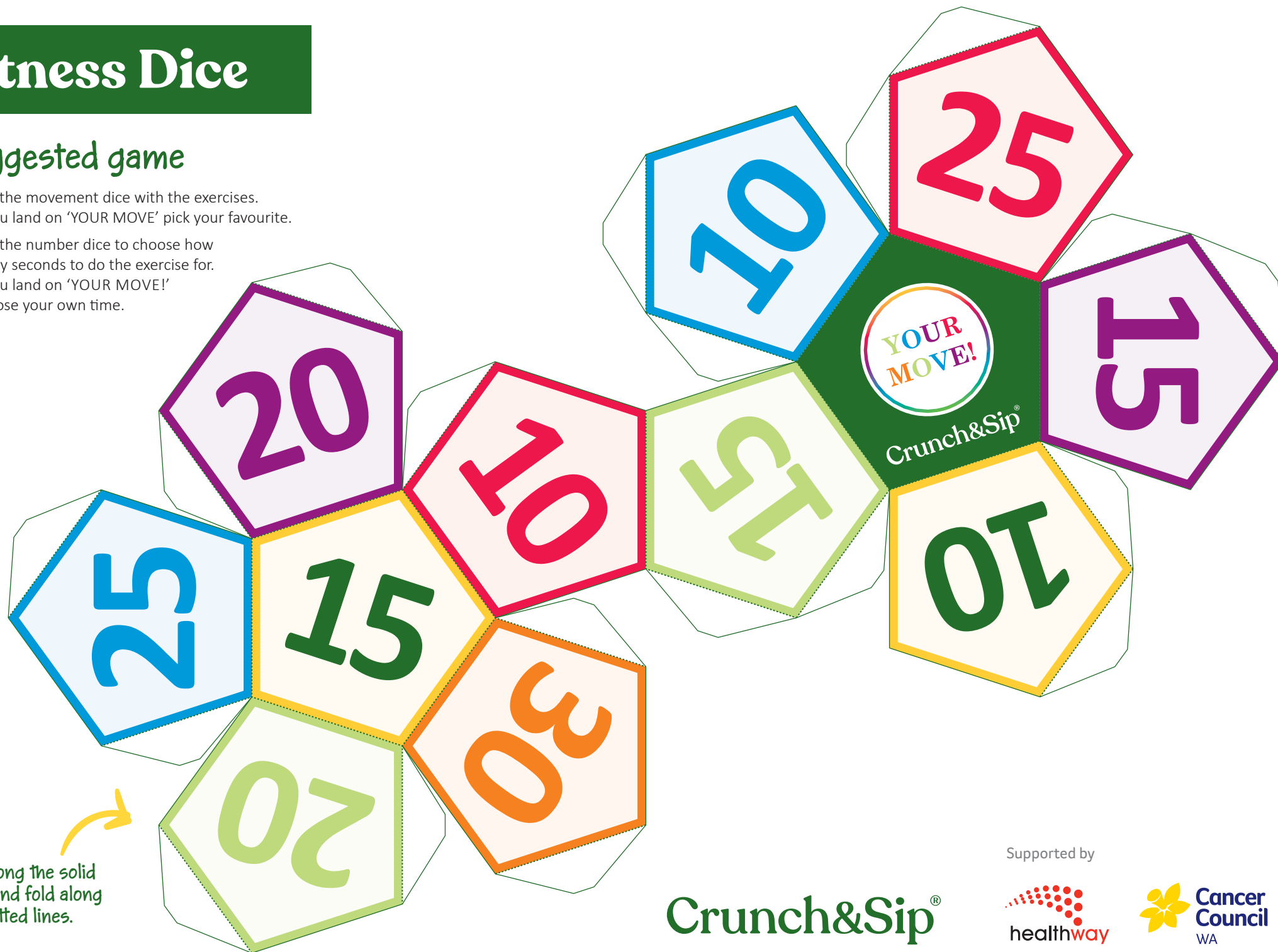
Supported by



Fitness Dice

Suggested game

1. Roll the movement dice with the exercises.
If you land on 'YOUR MOVE' pick your favourite.
2. Roll the number dice to choose how many seconds to do the exercise for.
If you land on 'YOUR MOVE!' choose your own time.



Cut along the solid lines and fold along the dotted lines.

Crunch&Sip[®]

Supported by

