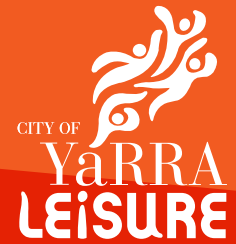


CARDIO WORKOUT

THEY SEE ME ROLLIN'



Feel like taking some risks? Turn your workout into a game of chance! All you need is a single die and a healthy dose of courage.

Each number on your die aligns with one of the exercises below, do the required reps and then roll again.

Work as hard as you can for 5 minutes then take 1 minute of rest. Aim for 3 Rounds - 15 minutes! C'mon, you got this *applause.

ROLL THE DICE....

- 1 =** 10 x push ups
- 2 =** 20 x skiers
- 3 =** 30 x star jumps
- 4 =** 40 x mountain climbers
- 5 =** 50 x skips
- 6 =** 60 x punches (shadow boxing)