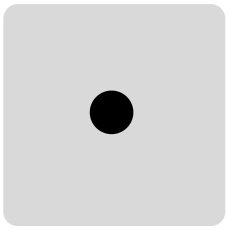
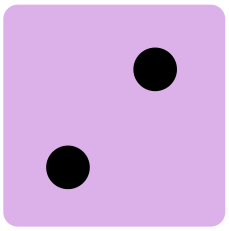
# ROLL THE DICE

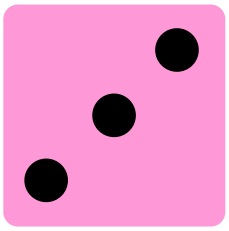
## At Home Exercise Game



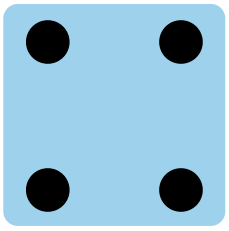
Stretch & Touch Your Toes



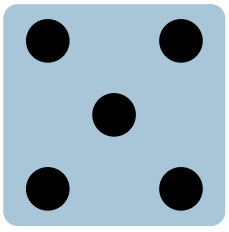
See How Many Lunges You Can Do



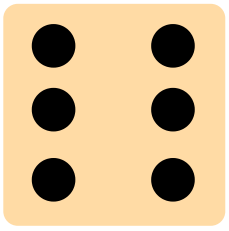
Dance or Hula Hoop for 5 Minutes



See How Many Sit Ups You Can Do



Do 15 Jumping Jacks



Run In Place While Counting To 30