

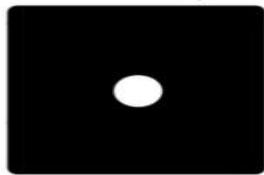
Roll the Dice



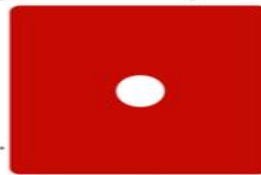
W O R K O U T

SET THE TIMER FOR 20 MINUTES

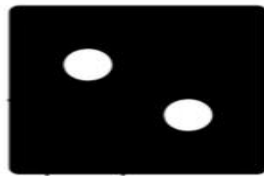
Let's Roll!



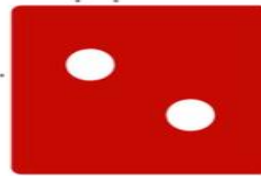
25
BICYCLES



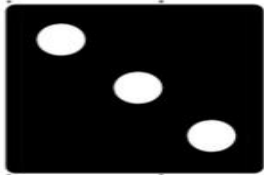
1 MIN ROPE
JUMP



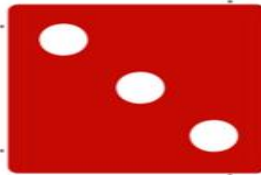
10 JUMP
SQUATS



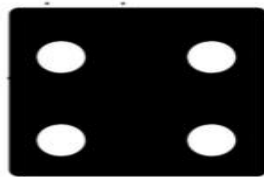
15 X
JUMPS



15
PUSH UPS



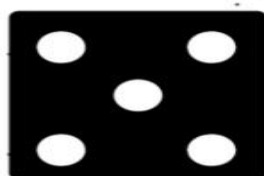
15
BUTT KICKS



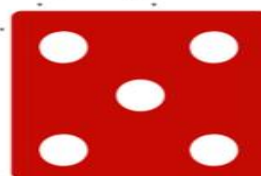
1 MINUTE
PLANK



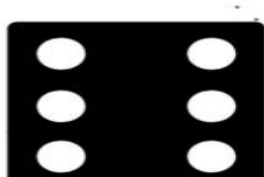
15
BURPEES



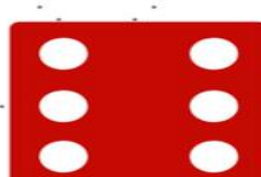
10 JUMP
LUNGES



15 CRAB
WALKS



15 CALF
RAISES



WATER
BREAK