

FITNESS FRIDAY

•ROLL 2 DICE •ADD THOSE NUMBERS •DO THE EXCERCISE
DON'T KNOW HOW? FOLLOW OUR LINK FOR INSTRUCTIONS.

2 → **Crab Hip Hold - Hold 10 seconds**

3 → **10 Push-Ups**

4 → **10 Alternating Lunges**

5 → **10 Squats**

6 → **Single Leg Balance - Hold 10 seconds**

7 → **10 Rotations**

8 → **10 Side Bends**

9 → **10 Forward/Backward Bends**

10 → **10 Jumping Jacks**

11 → **10 Cobras**

12 → **10 Planks**