

FITNESS DICE

WWW.EVERACTIVE.ORG/PHYSICAL-ACTIVITY-NEW



AIRPLANE BALANCE
HOLD FOR 20 SEC



HIT THE DECK
CONTINUE FOR 20 SEC



SUPERMAN BANANA
CONTINUE FOR 20 SEC



RAG DOLL
HOLD FOR 20 SEC



STAR JUMP
CONTINUE FOR 20 SEC



FLOOR JACK
CONTINUE FOR 20 SEC