

Conditioning Dice!

Stick this net to some card & or just print on normal paper & complete the task you roll!

20 Sit Ups!

**10 Press
Ups!**

20 V-Sits

**15 Frog
Jumps**

**Plank for
30
Seconds**

**10
Crunches**

**Don't forget..
you can play
this game
with all the
family!
Let's get them
fit too!**

