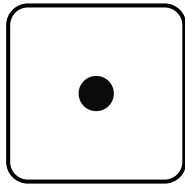


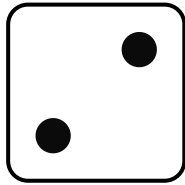
Exercise Dice

Use a dice and roll it to choose a number. This first number will give you an exercise to do. Then roll again to decide how long to do it for. Feel free to swap in your own exercises, such as dancing, jumping, arm circles or stretching to make it your own!

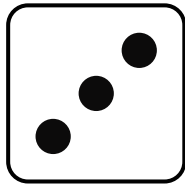
Exercise



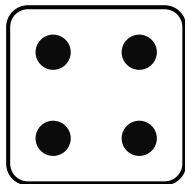
Run on the spot



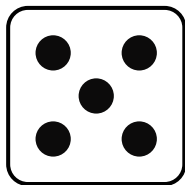
Jumping Jacks



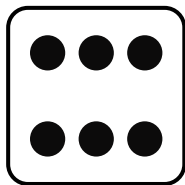
Squats



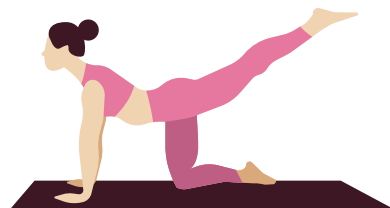
Side Stretches



Lunges



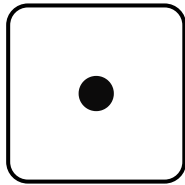
Leg raises



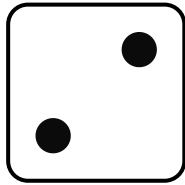
Exercise Dice

If your exercise uses one leg or arm at a time, make sure to switch halfway through the time!

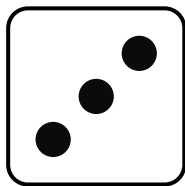
Time



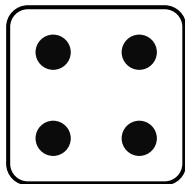
10 seconds



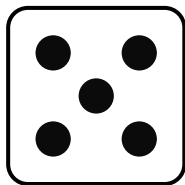
15 seconds



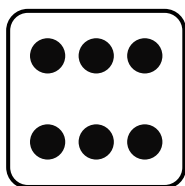
20 seconds



25 seconds



30 seconds



40 seconds