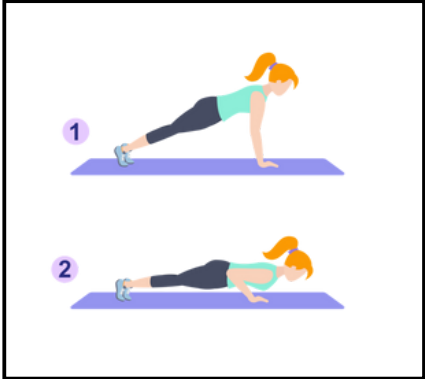
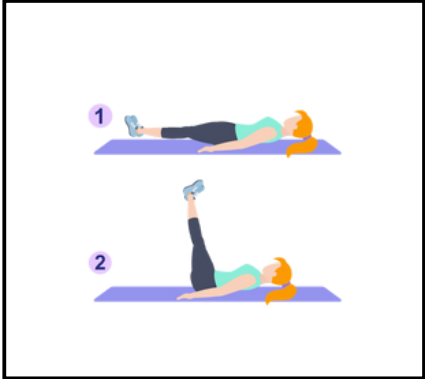
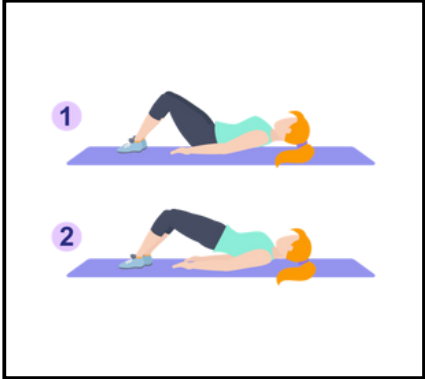
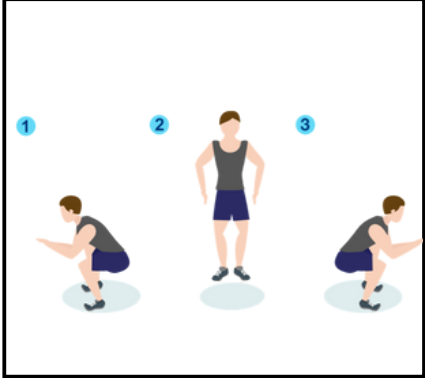
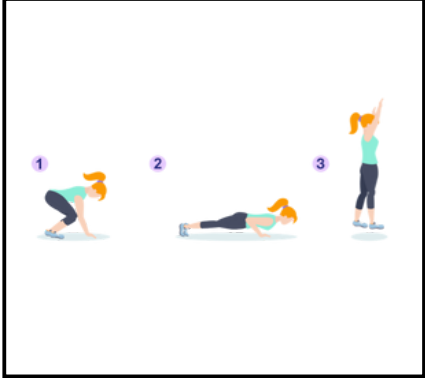
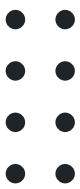
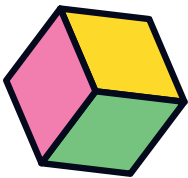
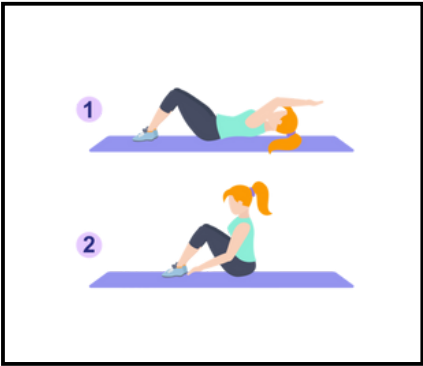
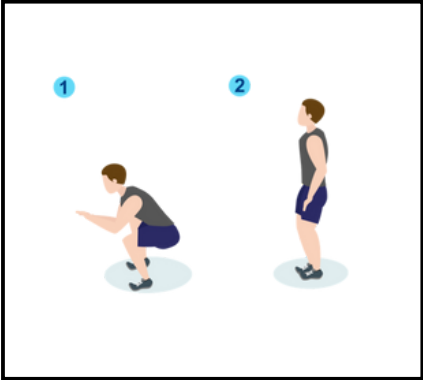
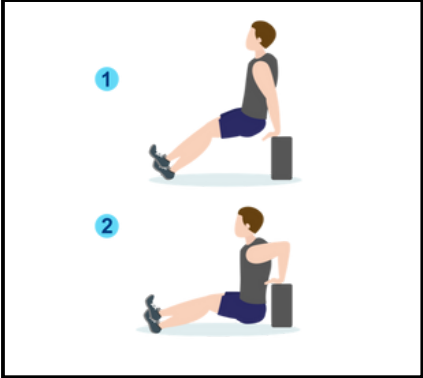
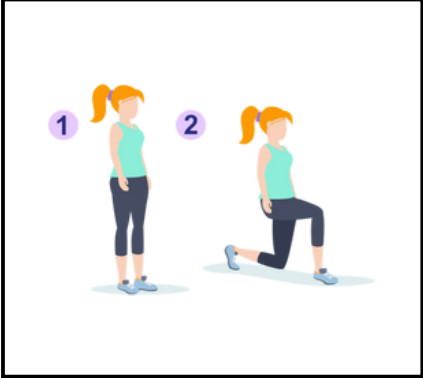
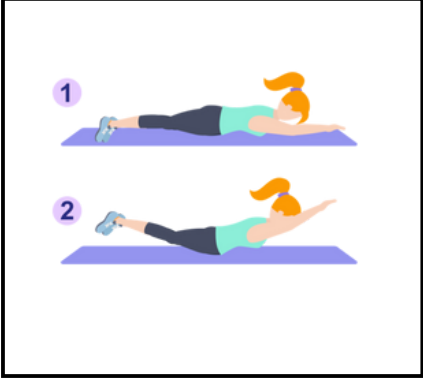
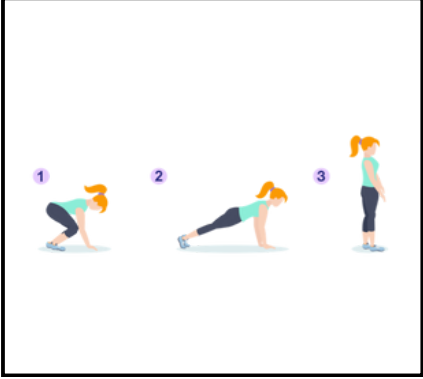


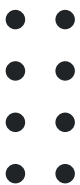
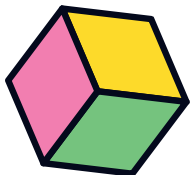
SINGLE DICE ROUND

exercise	exercise	reps
	push up	
	leg raise	
	glute bridge	
	donkey kick	
	180 degree squat jump	
	burpee	

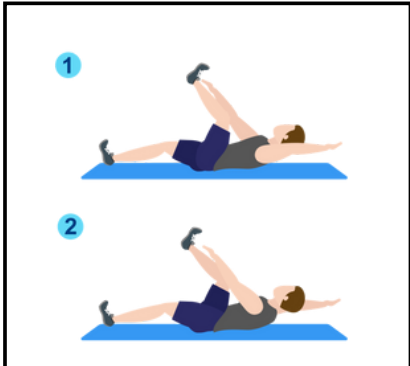
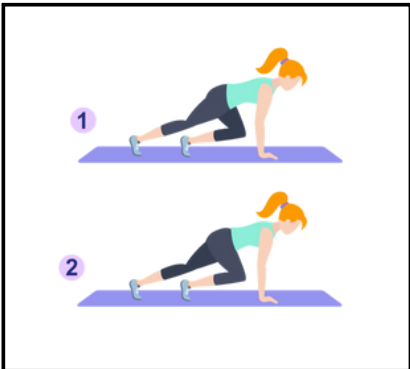
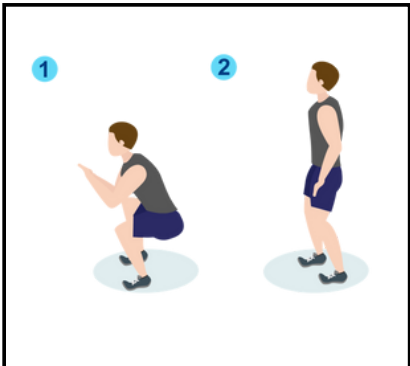
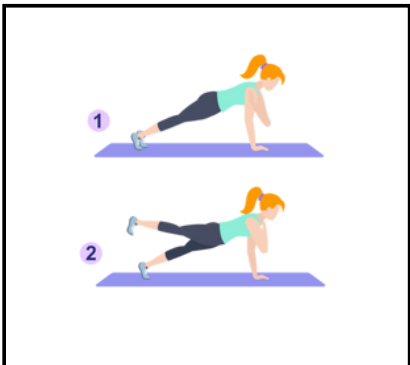
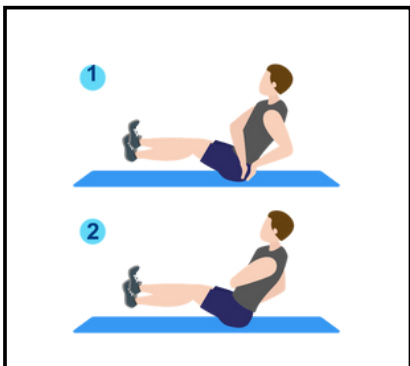
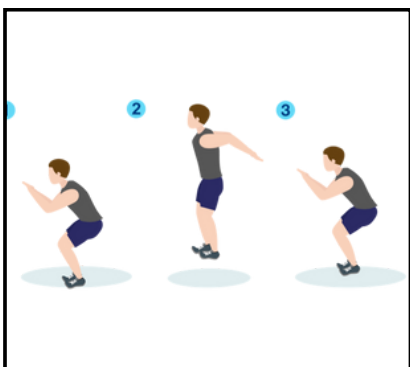


TWO DICE ROUND

exercise	exercise	reps
	sit up	
	in out squat jump	
	dip	
	lunge	
	reverse sit up	
	squat thruster	



FINAL CHALLENGE ROUND

exercise	exercise	reps
	beetle	
	mountain climber	
	sumo squat	
	shoulder taps	
	russian twists	
	ski jumps	

