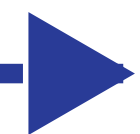


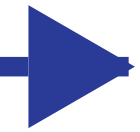
ROLL THE FIT DICE!

IF YOU
ROLLED

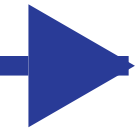
THEN YOU'LL DO
THIS EXERCISE



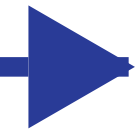
5 Jumping Jacks



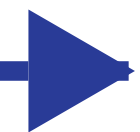
5 Curl Ups



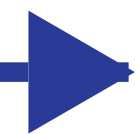
5 Run Laps



5 Hops



5 Butterflies



5 Toe-Touches

WHAT'S
YOUR **30**?
30 MINUTES. 30 DAYS.



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