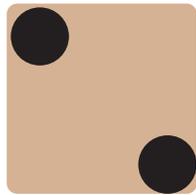


Dice is Right™

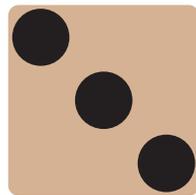
“Lower Body”



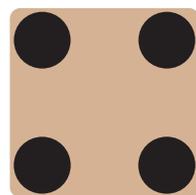
1 – JUMP LUNGES (2 COUNT)



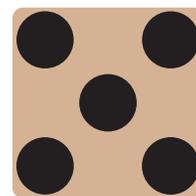
2 – JUMP SQUATS



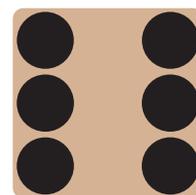
3 – OHNO'S



4 – TUCK JUMPS



5 – CALF RAISES



6 – SQUAT JACKS