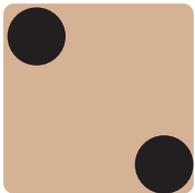


# Dice is Right™

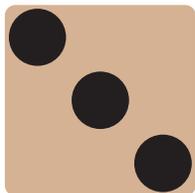
## “Upper Body”



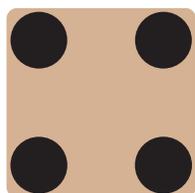
1 – DONKEY KICKS



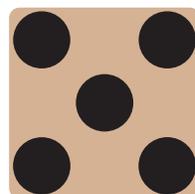
2 – KNEE PUSH-UPS



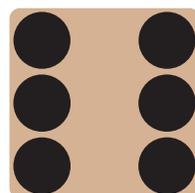
3 – ARM CIRCLES



4 – BOXING PUNCHES



5 – PLANK SHOULDER TAPS



6 – PLANK ROLLS