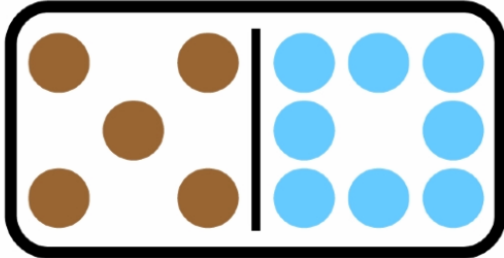
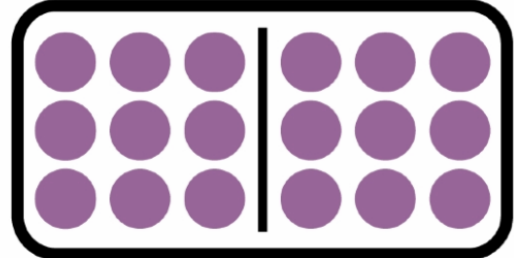


DOMINO FITNESS 1.0

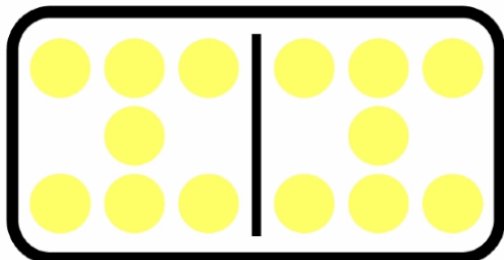
Directions: Count the number of dots on each domino to find out how many of each exercise to perform.



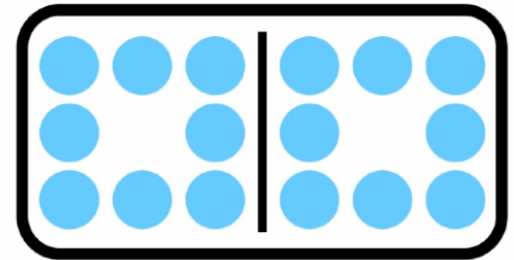
Sit-Ups



Jumping Jacks



**Lunges
(Both Legs)**



Squats