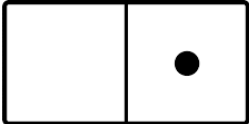

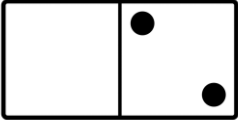

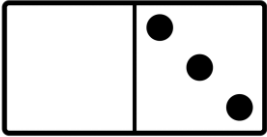

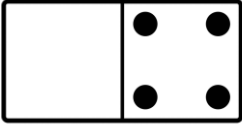

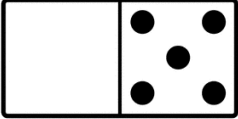

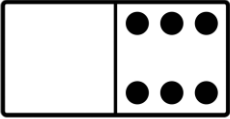



Domino Effect

1. Take a domino
2. Using the task sheet perform the exercise and reps
3. One side of your domino is the reps and the other number is the exercise (you choose)
4. place your domino face up connecting to a matching number

Domino number	Exercise
	 Squat
	 Seated dips
	 Inch worm
	 Star jumps
	 Sit ups
	 Lunges