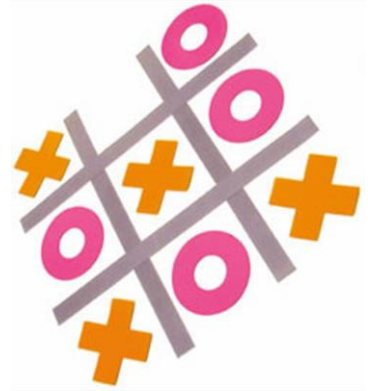


Tic-Tac-Toe



| | | |
|--------------------------------------|-------------------------------------|---|
| 20 Jumping Jacks | Hop on one foot 7 times | Dance for 10 seconds |
| Play air guitar for 12 seconds | Jog in place for 30 seconds | Balance on one foot for 10 seconds |
| 10 Sit-Ups | Jump side to side 15 times | 4 Push- Ups |

You will need someone to play with you. Both of you need a chip or another object. Take turns placing a chip on a square. Perform the exercise listed in the square. Try to be the first person to get 3 chips in a row.