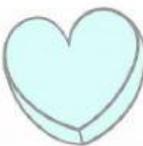
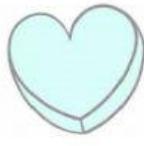



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COMPLETE A ROW: UP + DOWN, ACROSS, DIAGONAL, OR ENTIRE BOARD!

|                                                                                                                                          |                                                                                                                               |                                                                                                                                     |                                                                                                                                 |                                                                                                                                    |
|------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>5</b></p>  <p><b>JUMPING JACKS</b></p>            | <p><b>5</b></p>  <p><b>PUSH UPS</b></p>      | <p><b>5</b></p>  <p><b>SIT UPS</b></p>             | <p><b>5</b></p>  <p><b>KNEE TOUCHES</b></p>   | <p><b>5</b></p>  <p><b>SQUATS</b></p>           |
| <p><b>10</b></p>  <p><b>SECONDS ON 1 LEG</b></p>        | <p><b>10</b></p>  <p><b>ARM CIRCLES</b></p>  | <p><b>10</b></p>  <p><b>SHOULDER ROLLS</b></p>     | <p><b>10</b></p>  <p><b>LUNGES</b></p>        | <p><b>10</b></p>  <p><b>AIR PUNCHES</b></p>     |
| <p><b>15</b></p>  <p><b>SECOND WASHING MACHINE</b></p> | <p><b>15</b></p>  <p><b>YOUR CHOICE</b></p> | <p><b>15</b></p>  <p><b>KNEE TOUCHES</b></p>      | <p><b>15</b></p>  <p><b>SQUATS</b></p>       | <p><b>15</b></p>  <p><b>SECOND SQUAT</b></p>   |
| <p><b>10</b></p>  <p><b>AIR PUNCHES</b></p>           | <p><b>10</b></p>  <p><b>SIT UPS</b></p>    | <p><b>10</b></p>  <p><b>SECONDS ON 1 LEG</b></p> | <p><b>10</b></p>  <p><b>YOUR CHOICE</b></p> | <p><b>10</b></p>  <p><b>JUMPING JACKS</b></p> |
| <p><b>5</b></p>  <p><b>YOUR CHOICE</b></p>            | <p><b>5</b></p>  <p><b>LUNGES</b></p>      | <p><b>5</b></p>  <p><b>TOE TOUCHES</b></p>       | <p><b>5</b></p>  <p><b>ARM CIRCLES</b></p>  | <p><b>5</b></p>  <p><b>SIT UPS</b></p>        |