

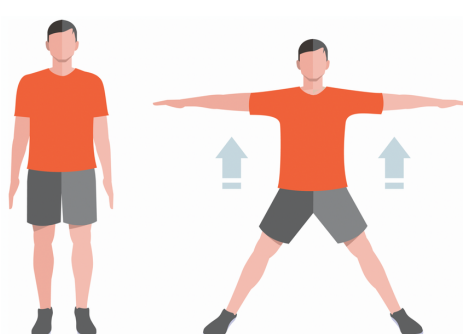
# The RAA UNO workout



Click each image for exercise technique instruction



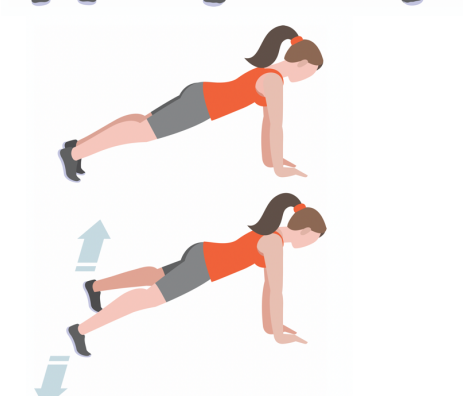
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10 jumping jacks



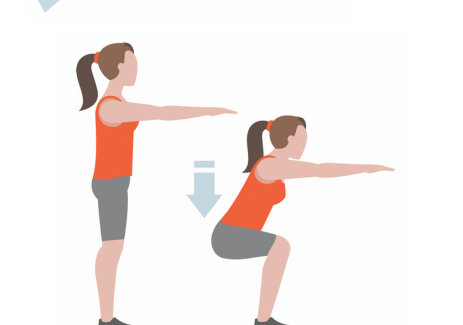
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5 plank jacks



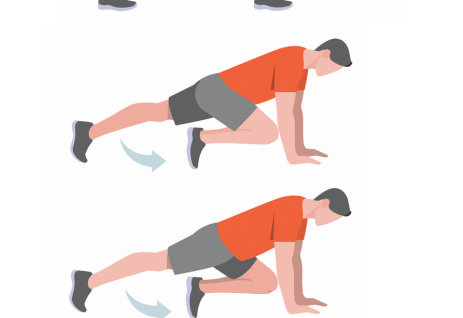
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5 squats



=



8 mountain climbers



=



15 secs high knees



=



8 lateral jumps



=



7 lunges



=

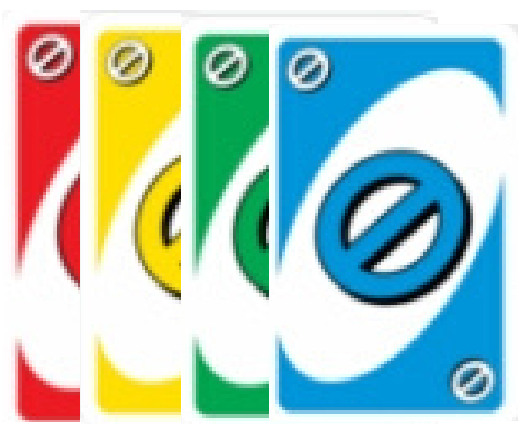


5 V sits

**Draw 2 cards at a time and complete the exercises.  
Each completed card = 50m!**

# The RAA UNO workout

Deck  
1



=



15 sec skipping



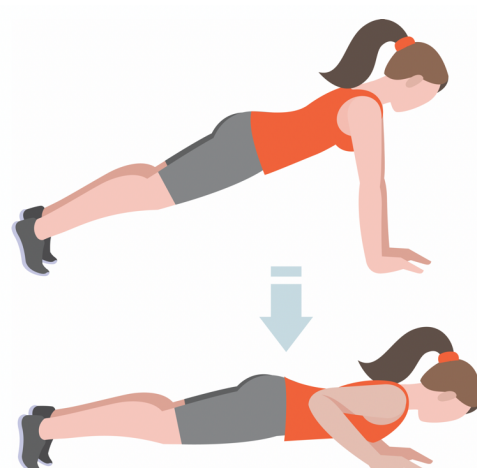
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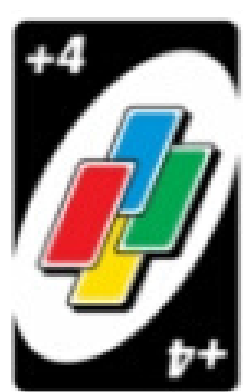
5 tricep dips



=



5 push ups



=



15 sec high plank



=



YOU CHOOSE!

Draw 2 cards at a time and complete the exercises.  
Each completed card = 50m!