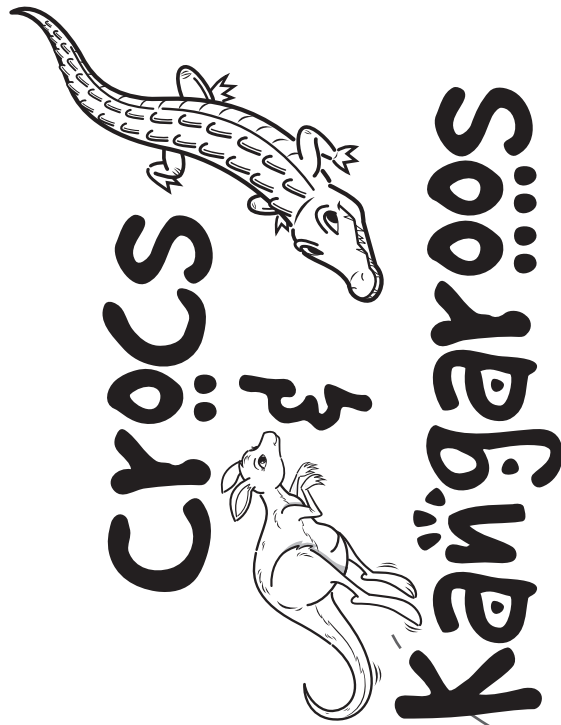




Crocs & Kangaroos

A FITNESS GAME

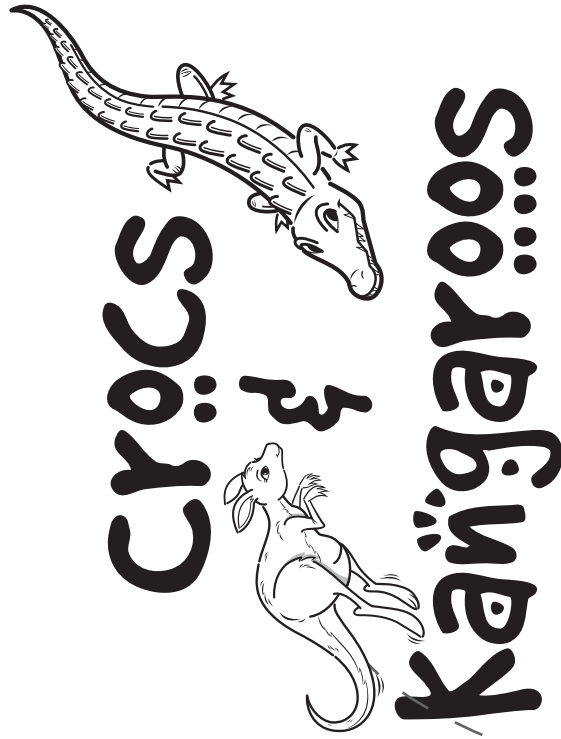
I praise you, for I am fearfully
and wonderfully made.
Psalm 139:14 ESV



Crocs & Kangaroos

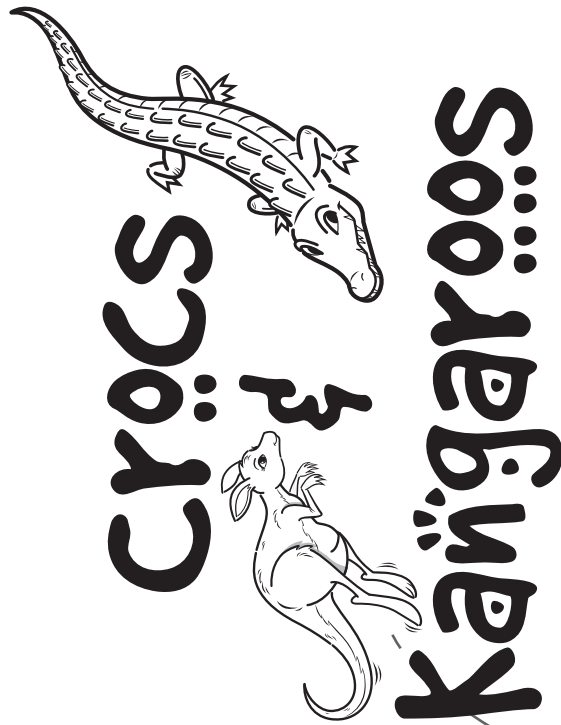
A FITNESS GAME

I praise you, for I am fearfully
and wonderfully made.
Psalm 139:14 ESV



A FITNESS GAME

I will praise thee; for I am
fearfully and wonderfully made.
Psalm 139:14



A FITNESS GAME

I will praise thee; for I am
fearfully and wonderfully made.
Psalm 139:14

Game Directions

1. Spin to see who goes first.
2. Each player spins to advance, then performs the exercise in the square where they land.
3. Jump ahead with kangaroos; slide backwards with crocs (tail to jaw), doing the exercises at both ends.
4. You must land directly on the END square to win. Continue to perform the current exercise until you spin the right number.

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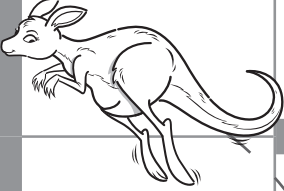
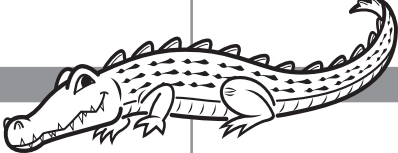


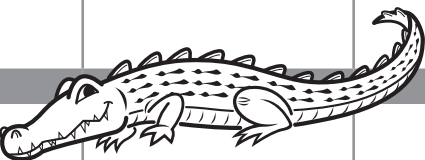

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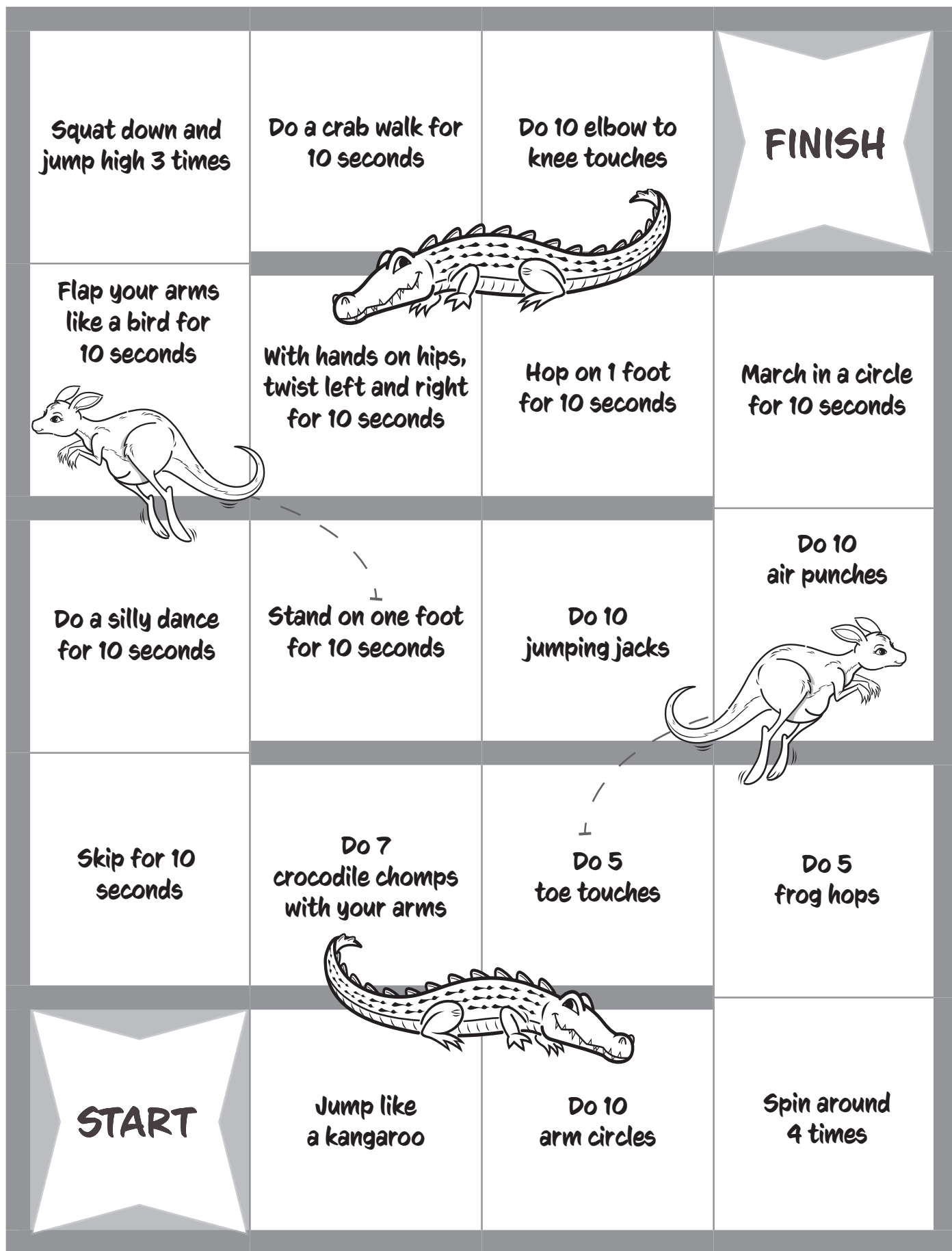
Game Directions

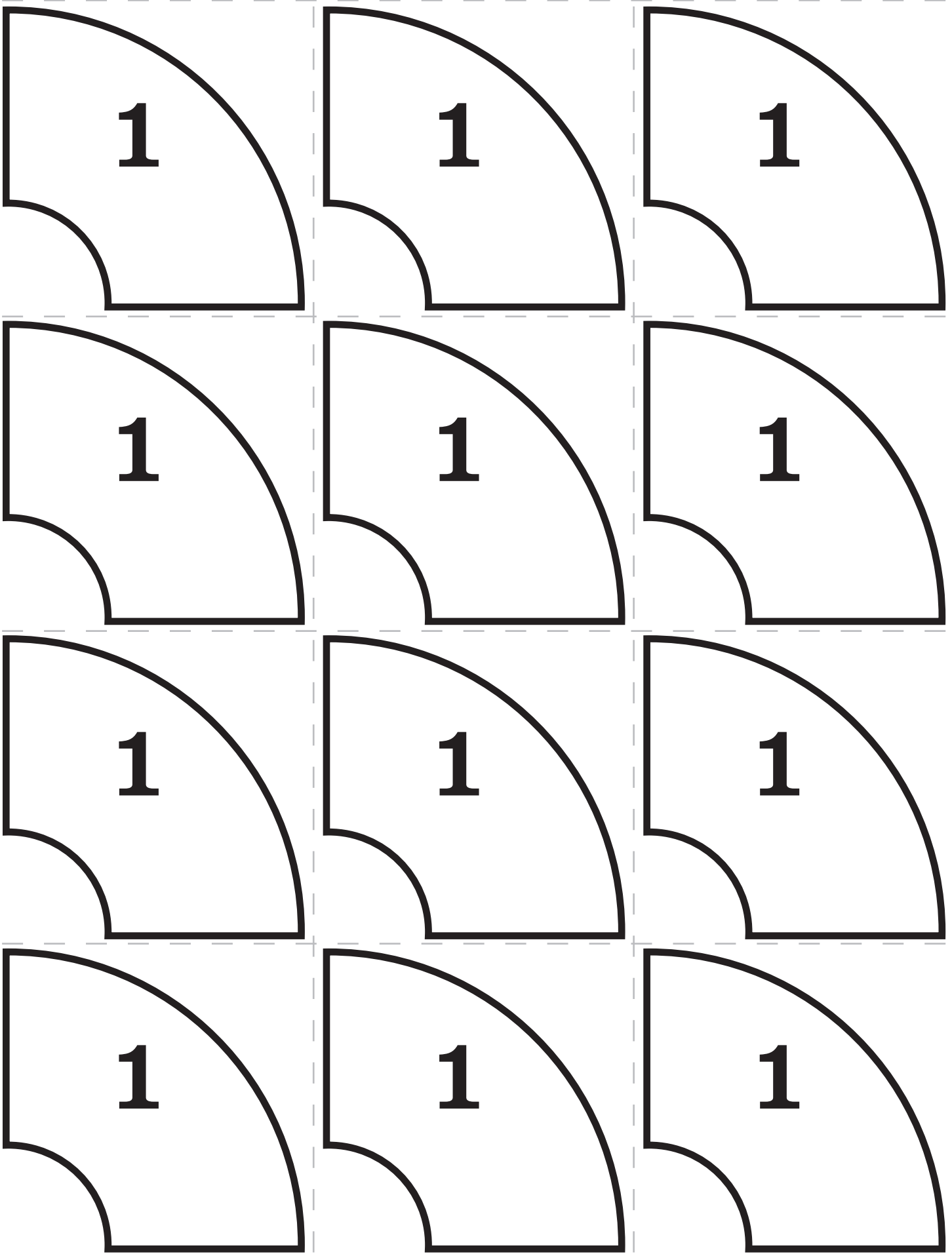
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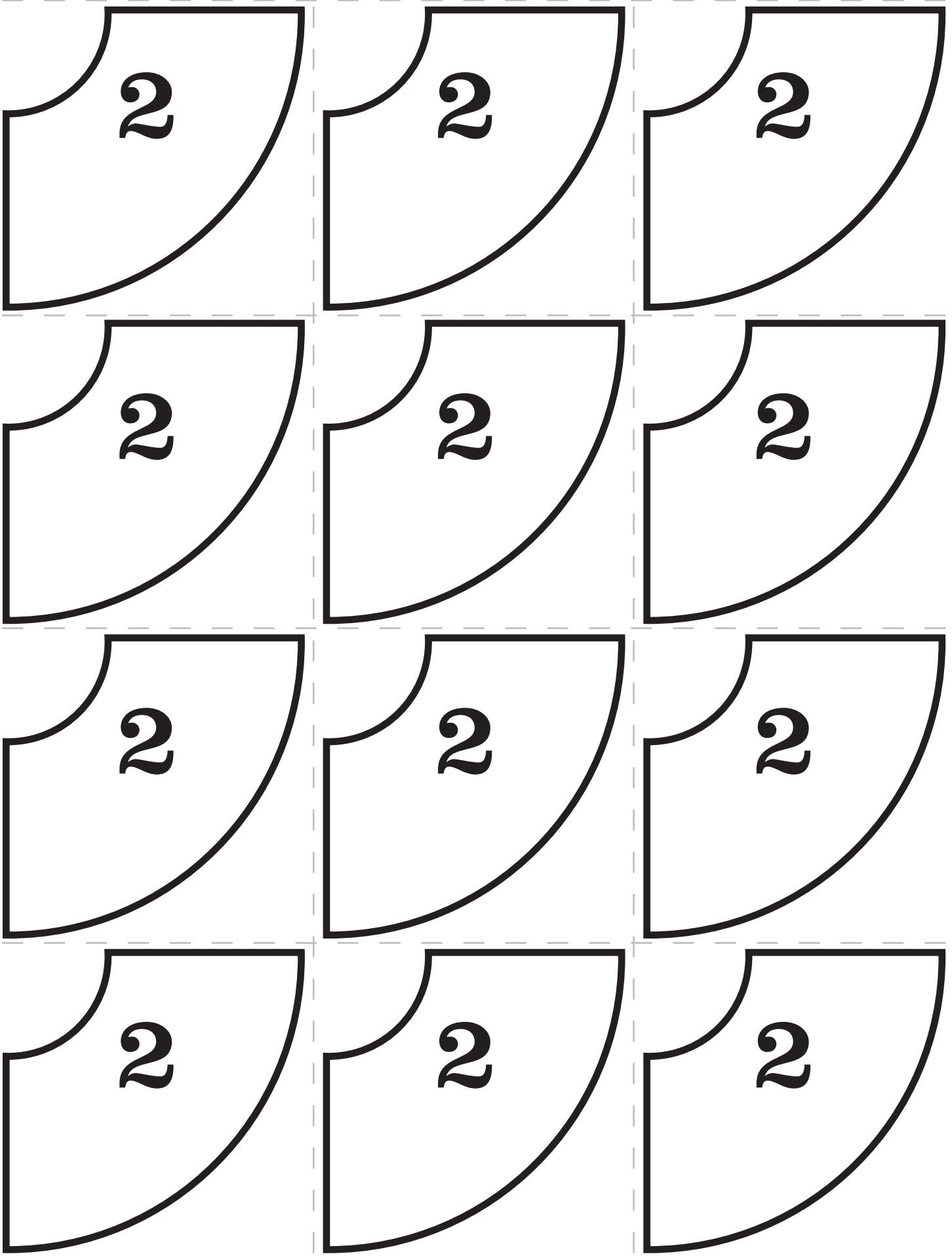
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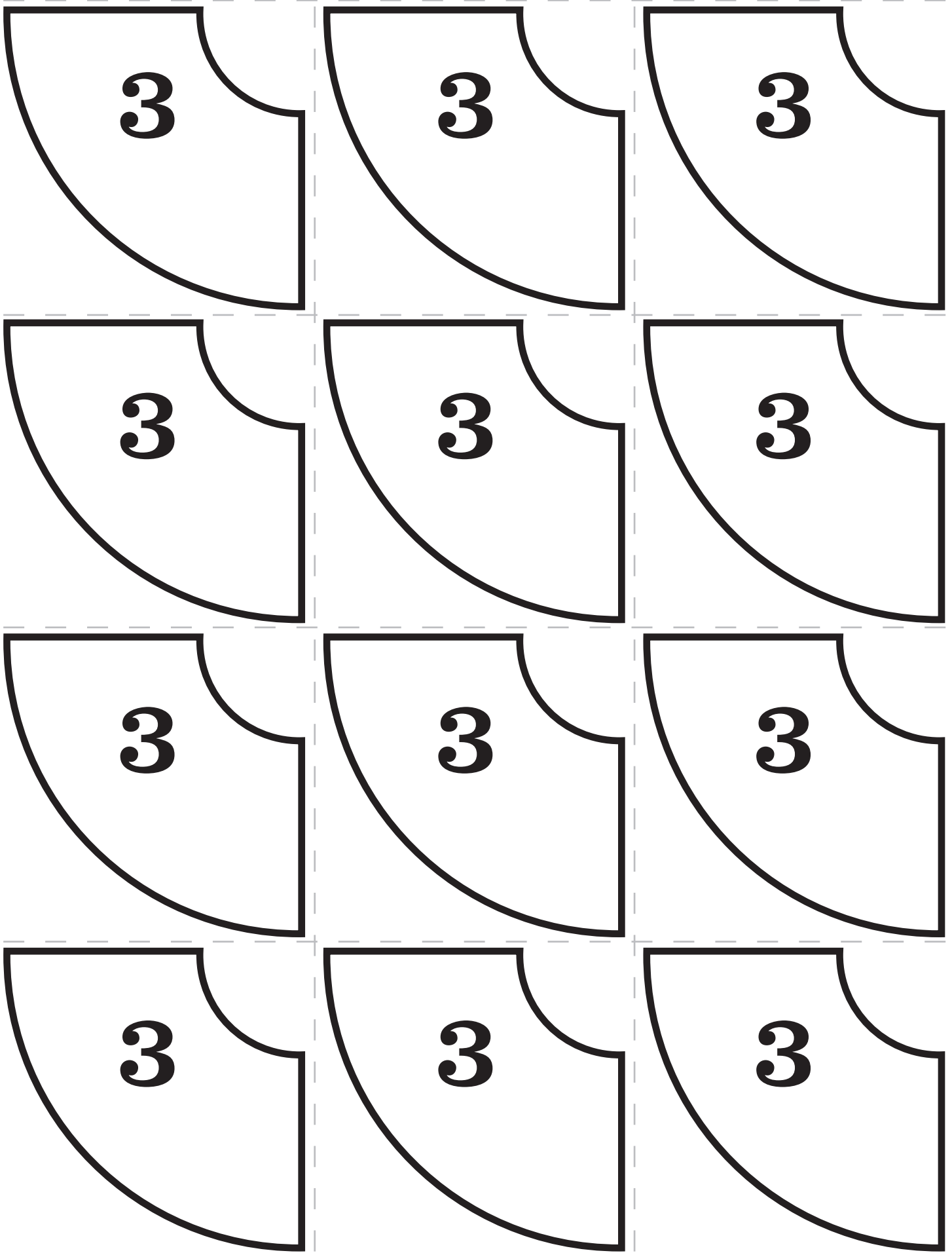
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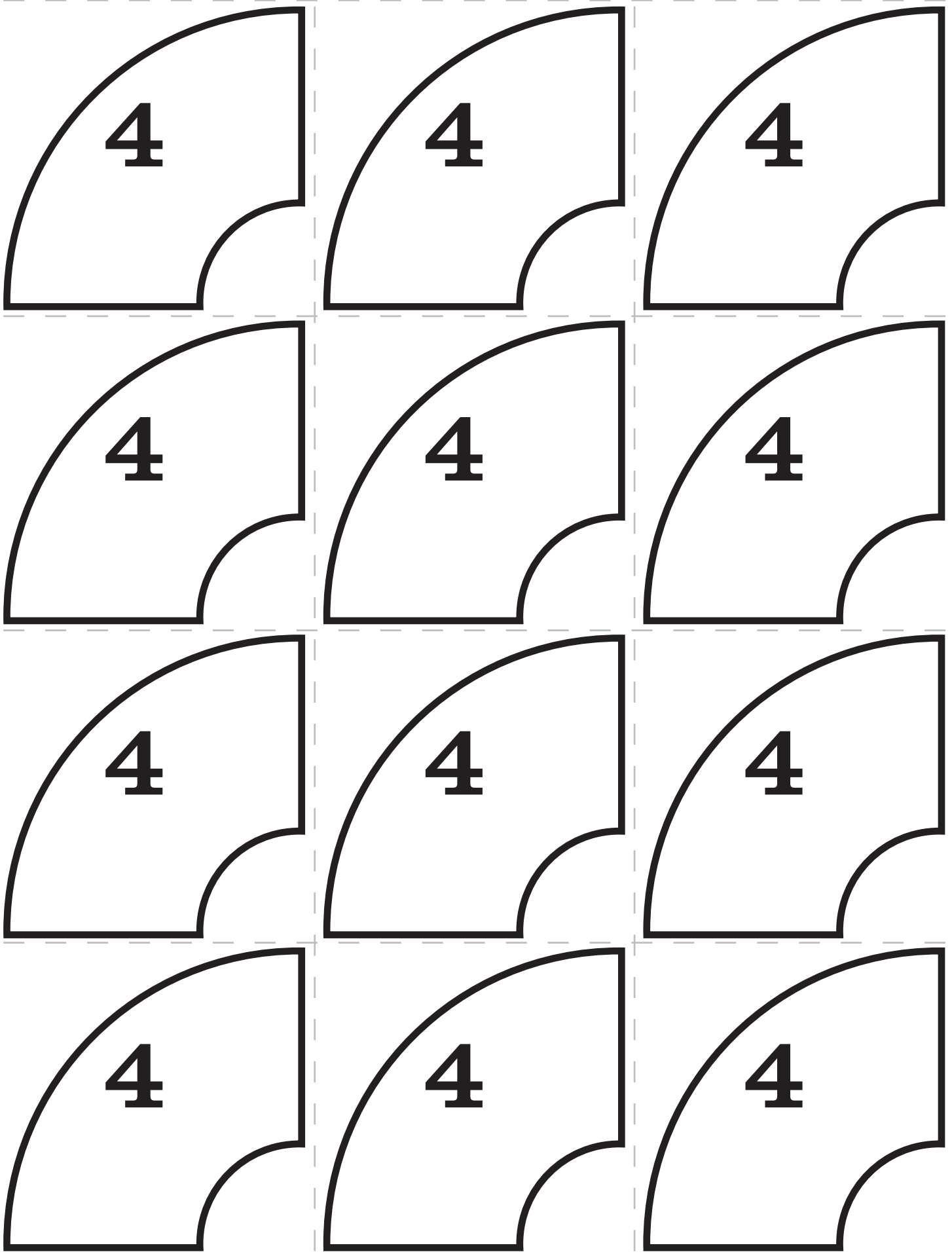
<p>Do 3 somersaults</p> 	<p>Jump like a kangaroo 15 seconds</p>	<p>Do 20 knee raises</p>	<p>Do 10 jumping jacks</p>	<p>FINISH</p>
<p>Run in place 20 seconds</p>	<p>Do 20 crocodile chomps</p> 	<p>Silly dance 10 seconds</p>	<p>Spin around 5 times</p>	<p>Crab walk 15 seconds</p>
<p>Do 10 squats</p>	<p>Do 3 cartwheels</p>	<p>Balance on left foot 15 seconds</p>	<p>Do 7 frog hops</p>	<p>Do 10 toe touches</p> 
<p>Do 5 push-ups</p> 	<p>Do 15 arm circles</p>	<p>Plank 20 seconds</p>	<p>Do 10 jumping jacks</p>	<p>Do 20 knee raises</p>
<p>Do 20 crocodile chomps</p>	<p>Run in place 20 seconds</p>	<p>Balance on right foot 15 seconds</p>	<p>Do 3 somersaults</p>	<p>Jump like a kangaroo 15 seconds</p>
<p>Spin around 5 times</p>	<p>Crab walk 15 seconds</p>	<p>Do 20 air punches</p> 	<p>Do 10 toe touches</p>	<p>Do 7 frog hops</p> 
<p>START</p>	<p>Do 15 arm circles</p>	<p>Do 5 push-ups</p>	<p>Do 10 squats</p>	<p>Do 3 cartwheels</p>

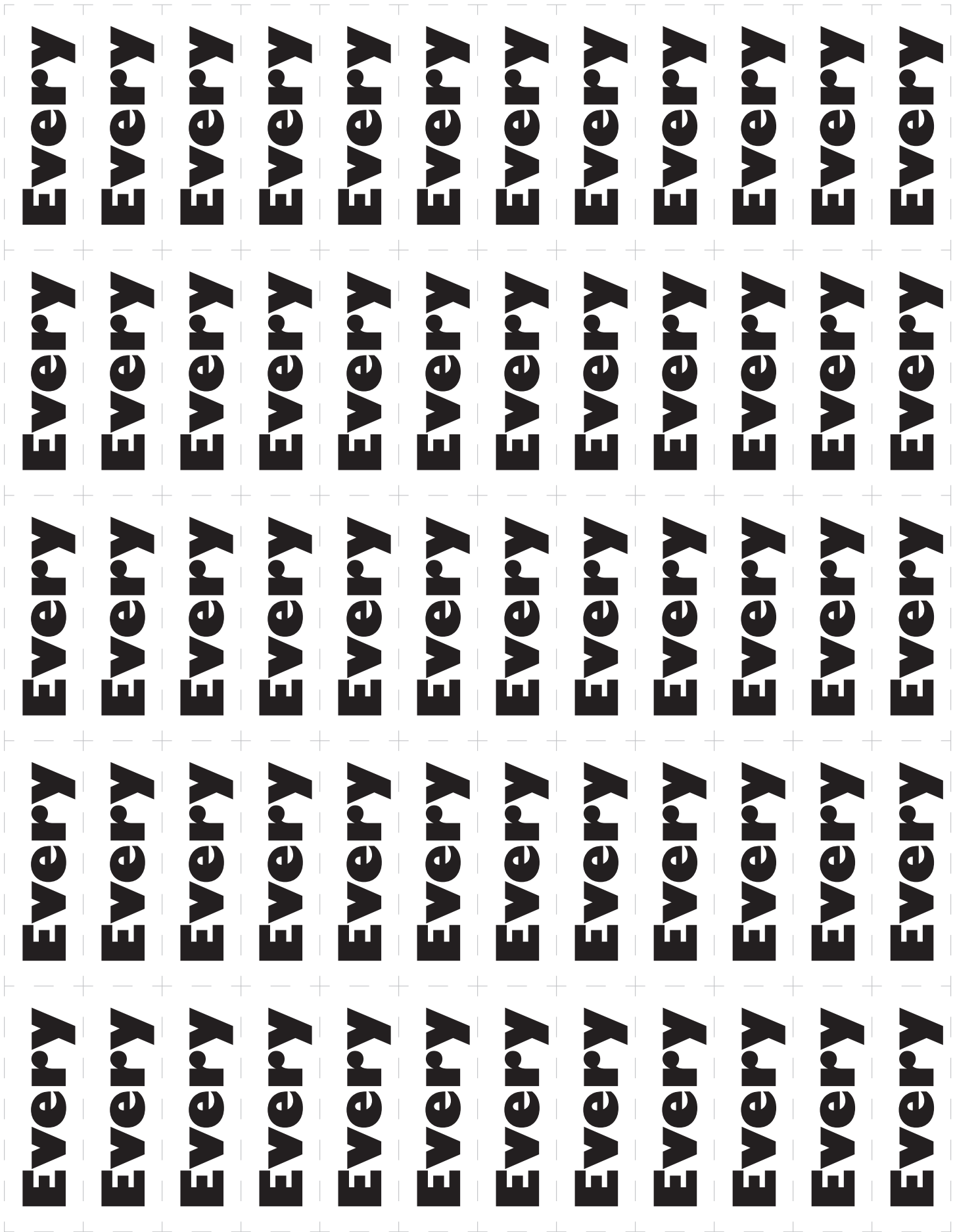


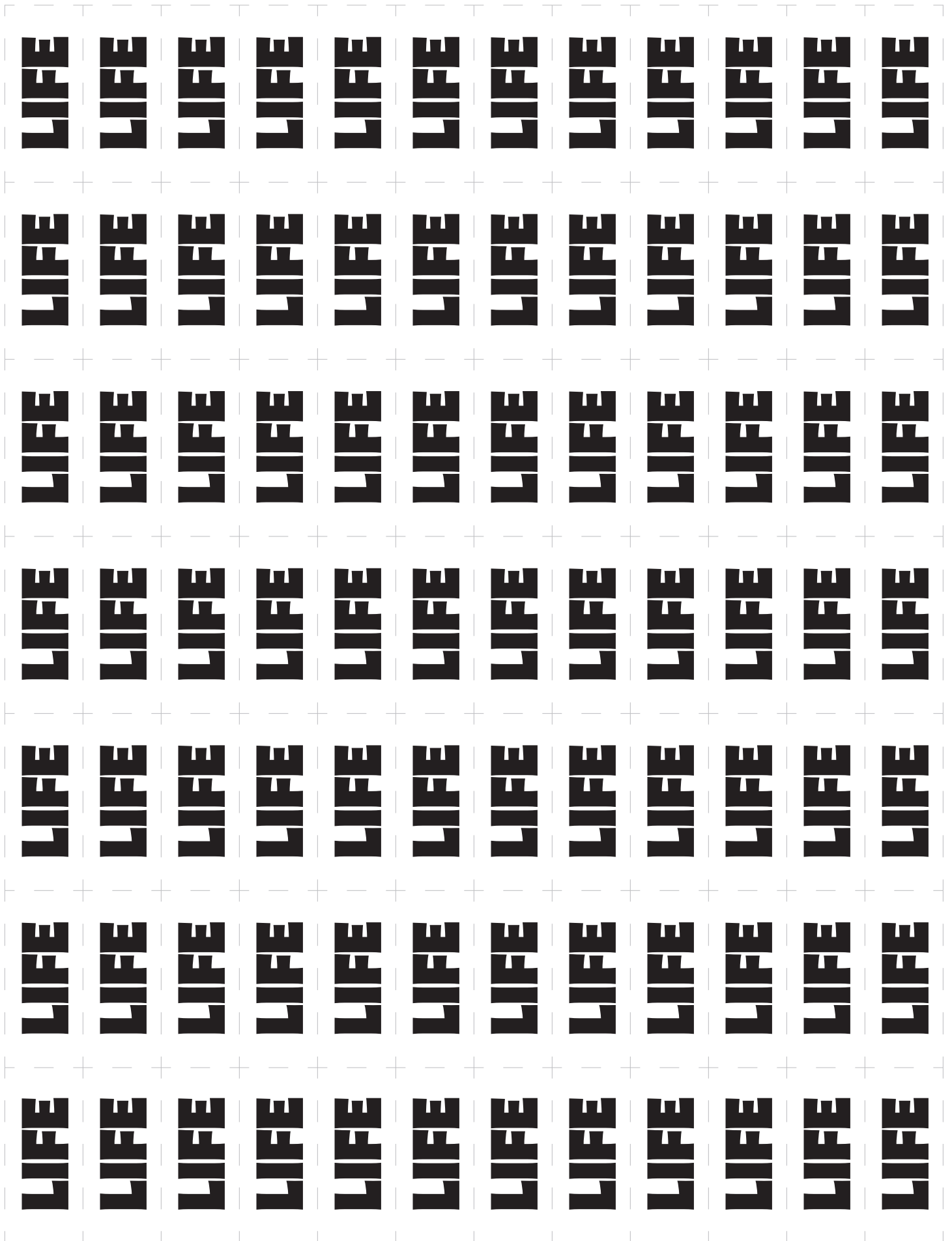


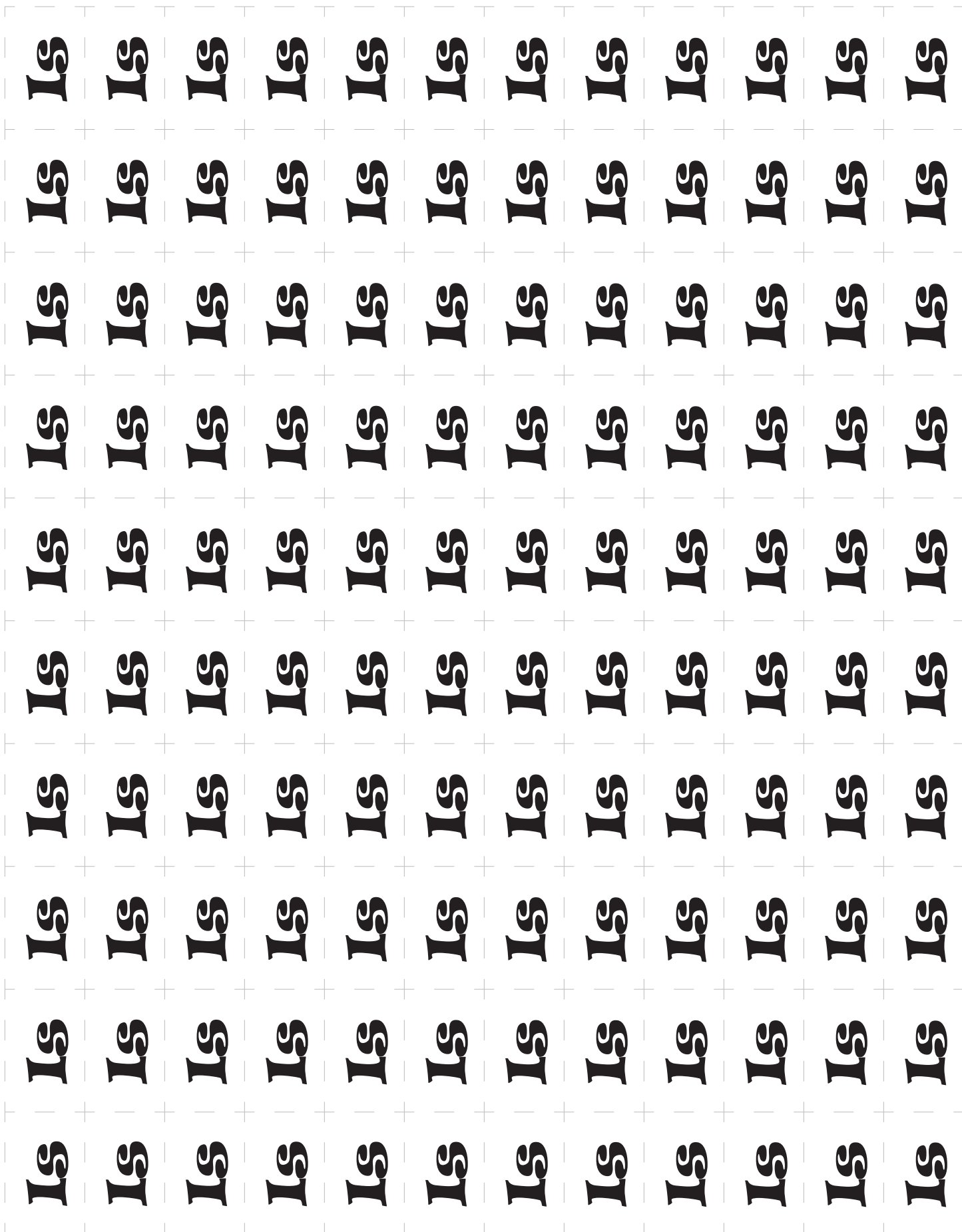


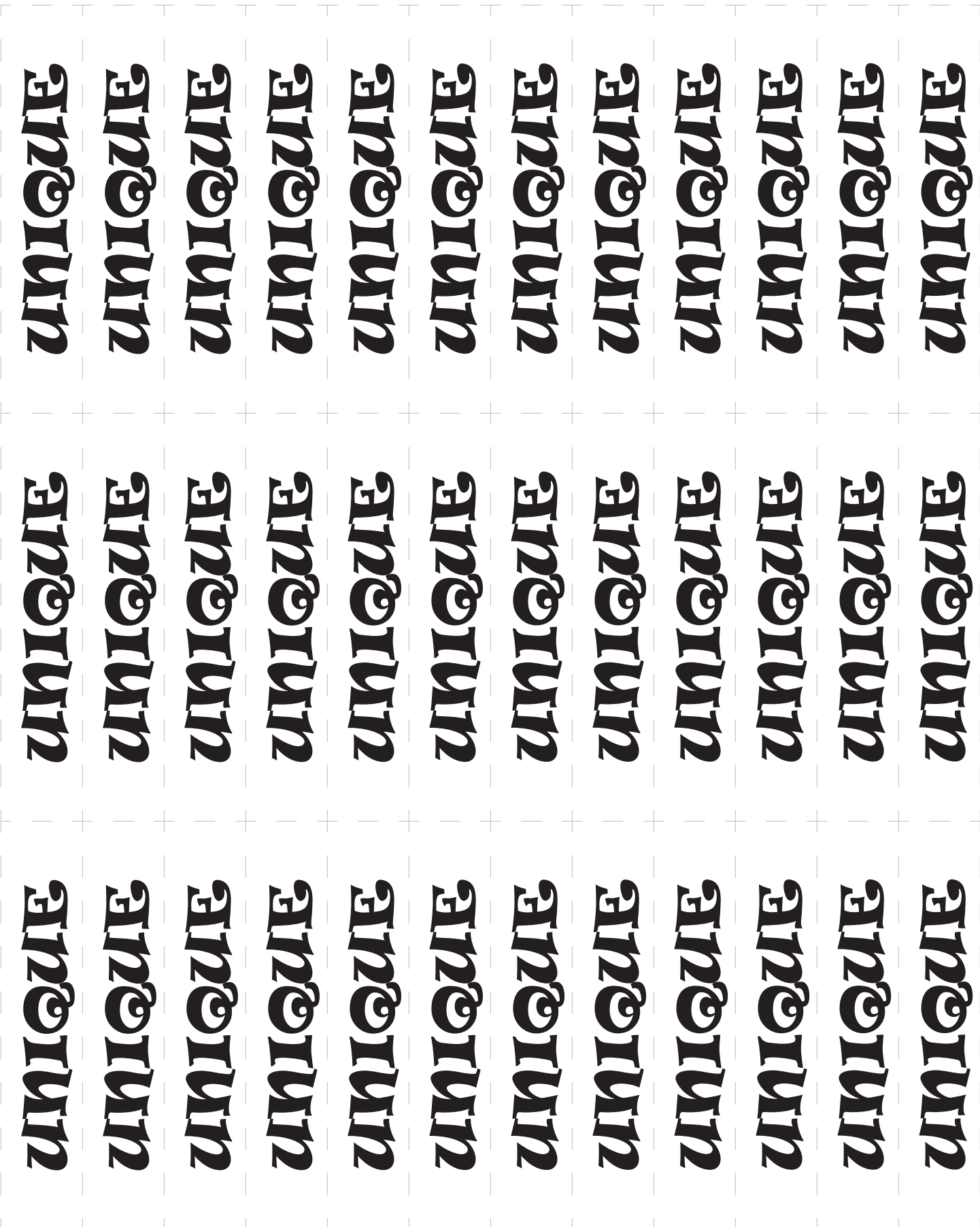












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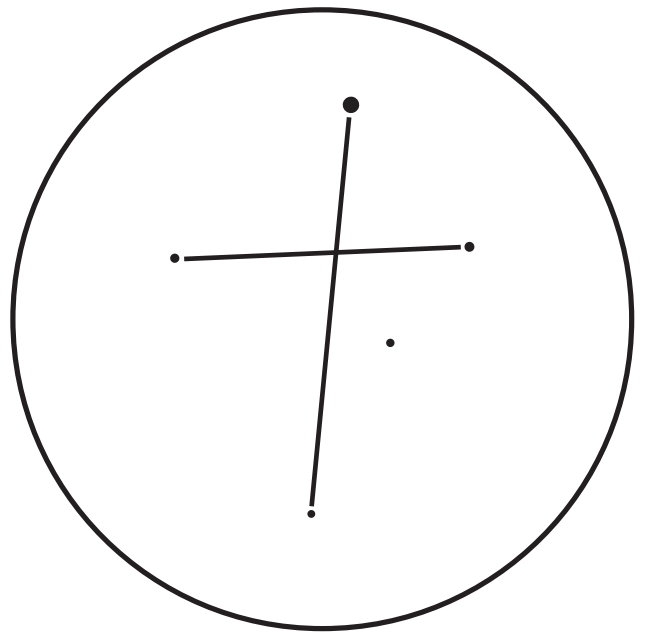
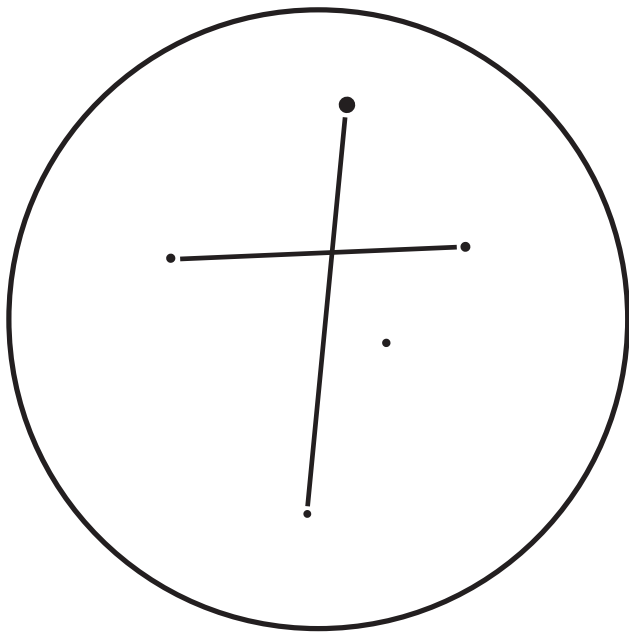
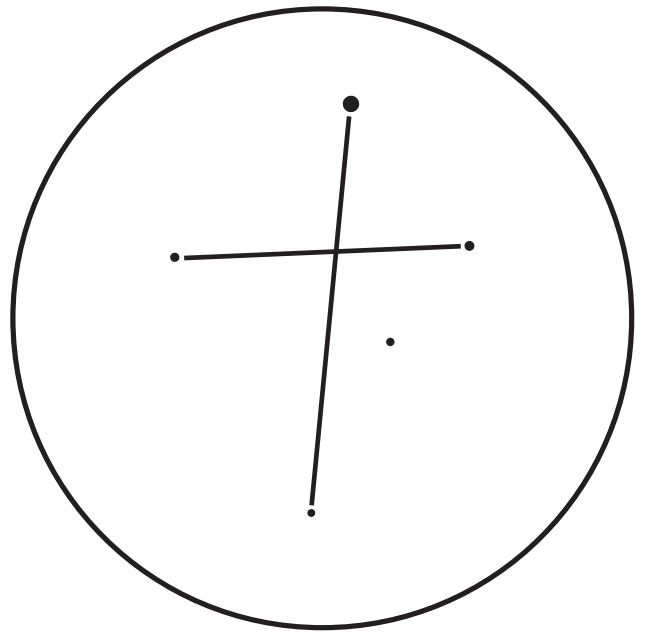
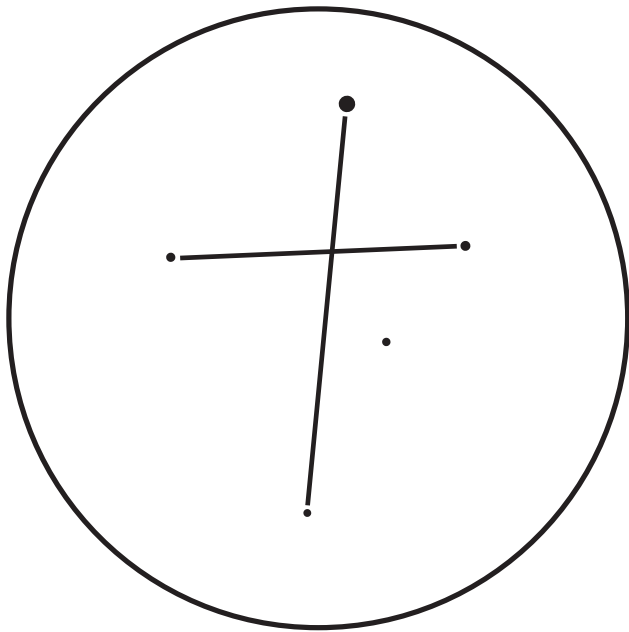
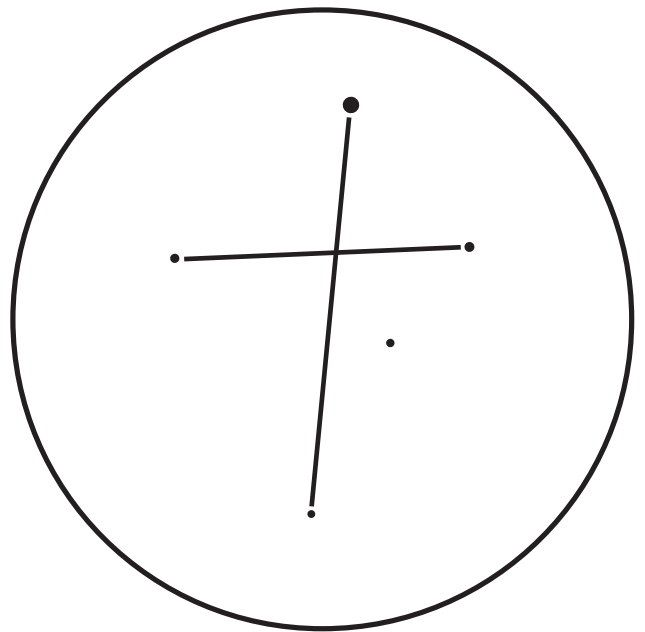
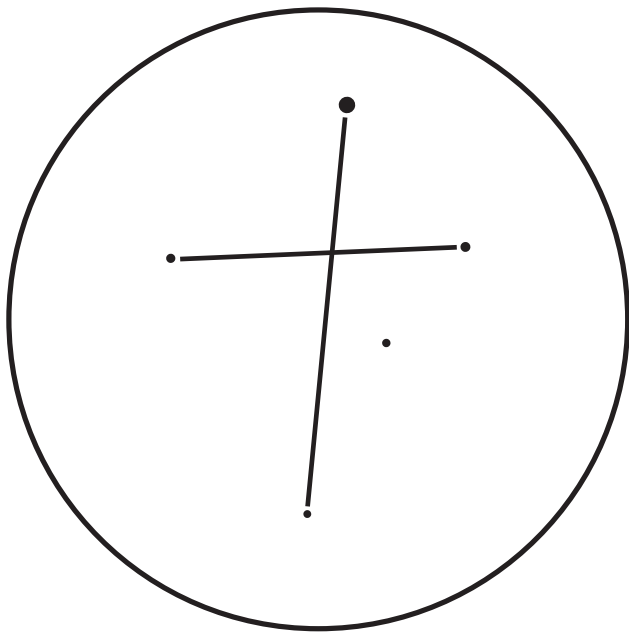
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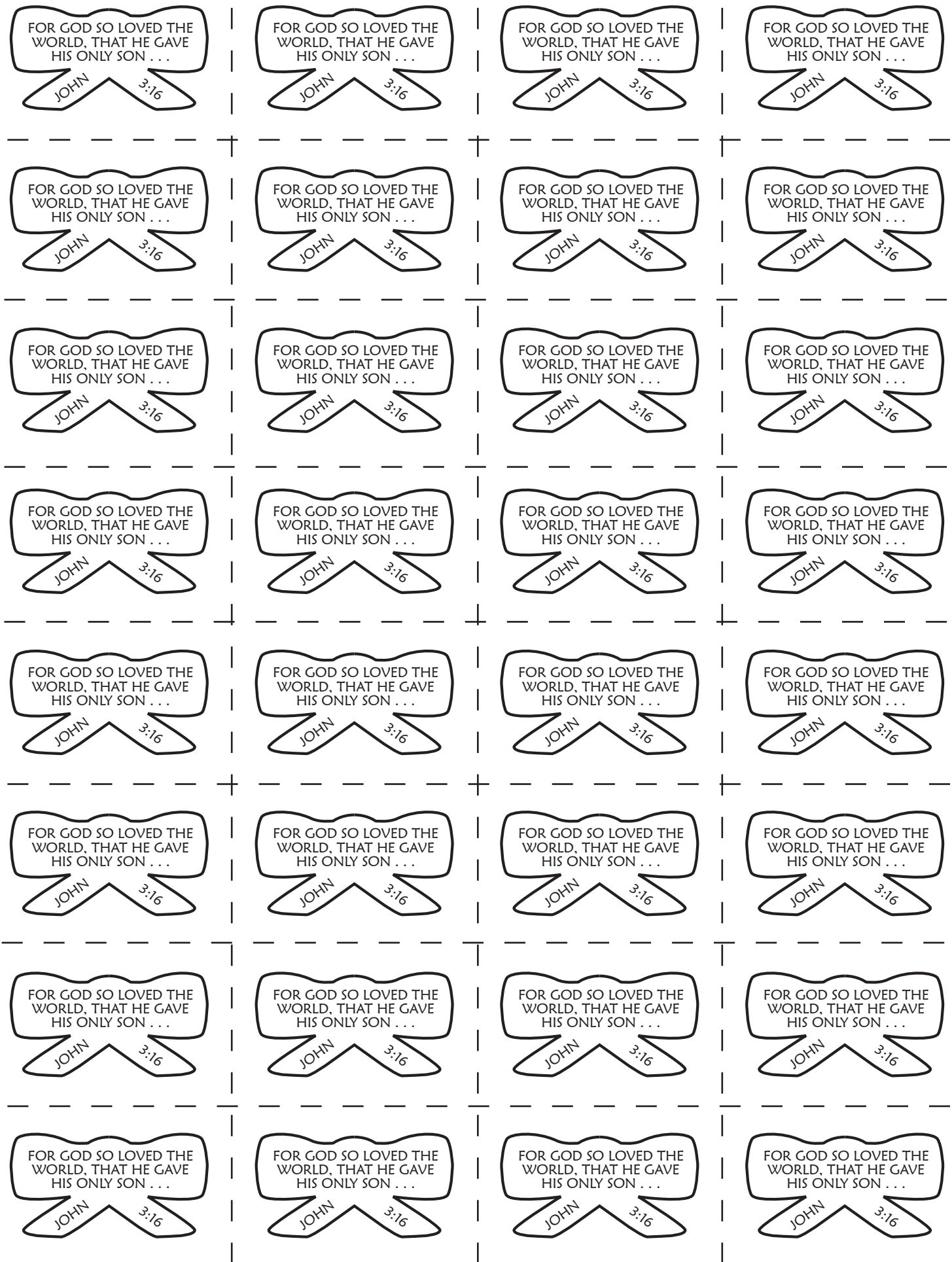
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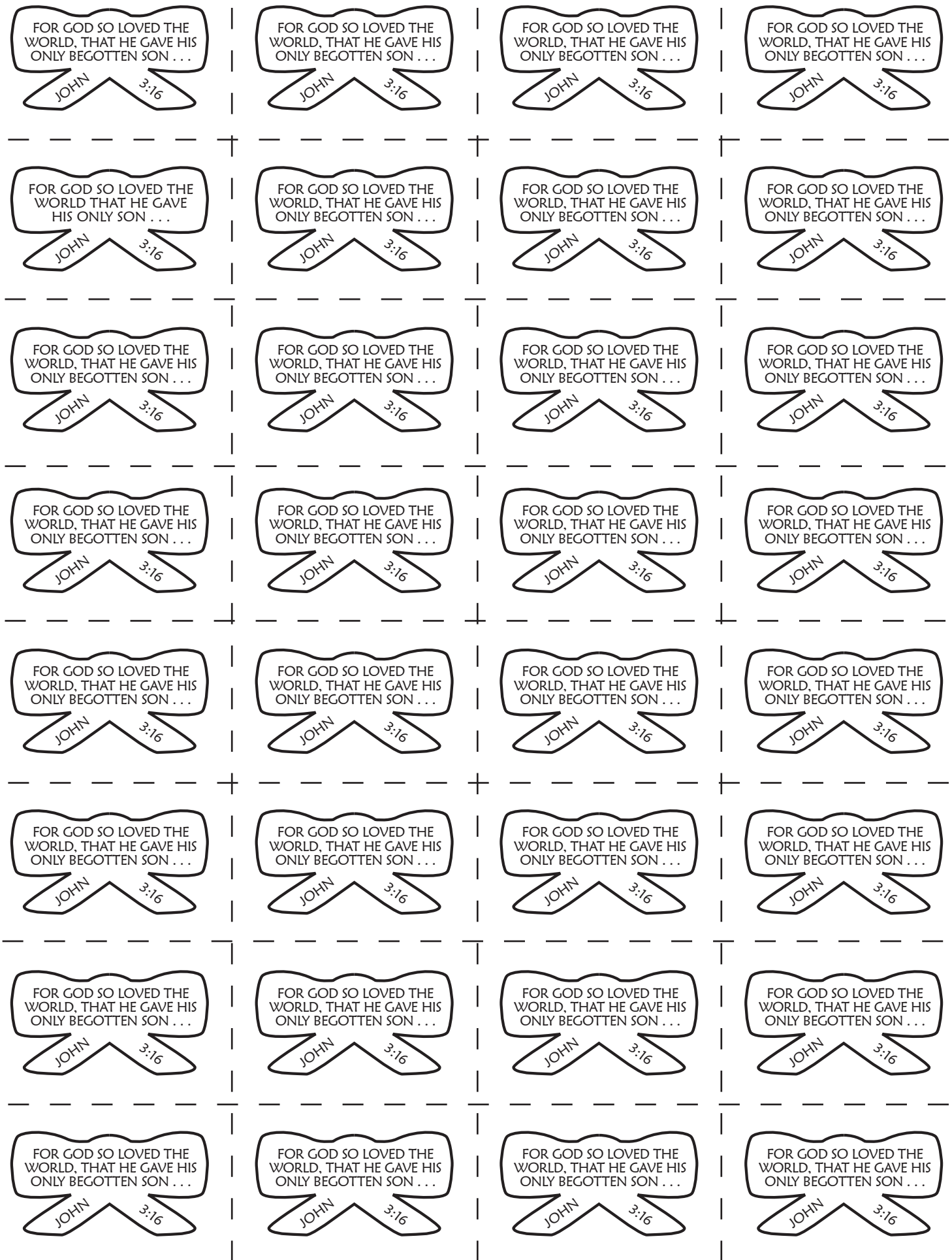
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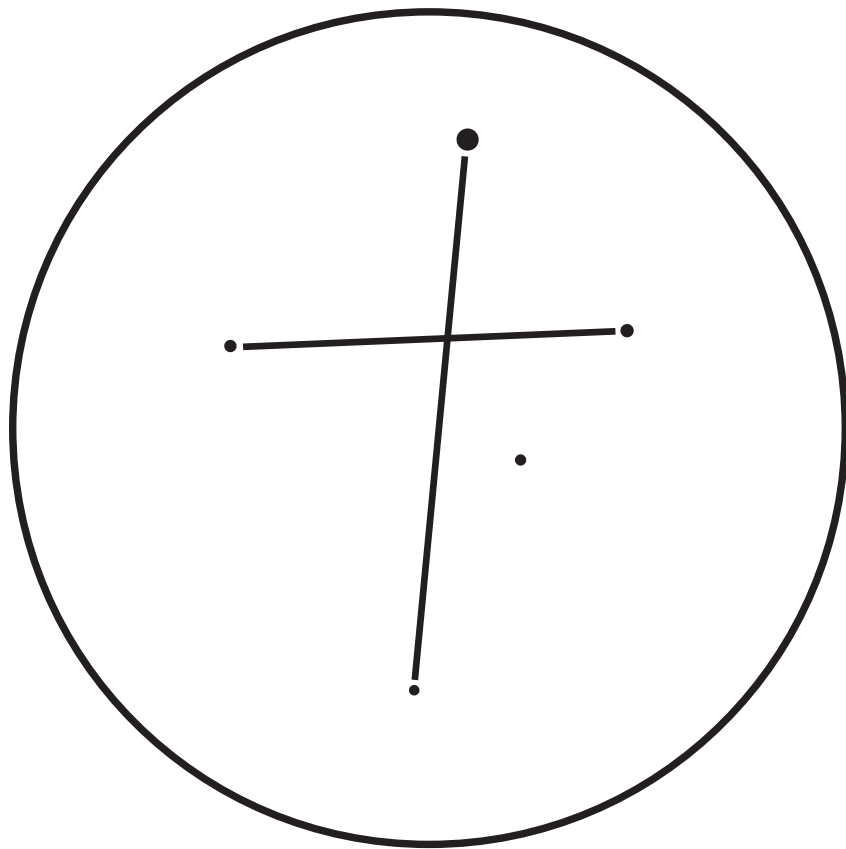
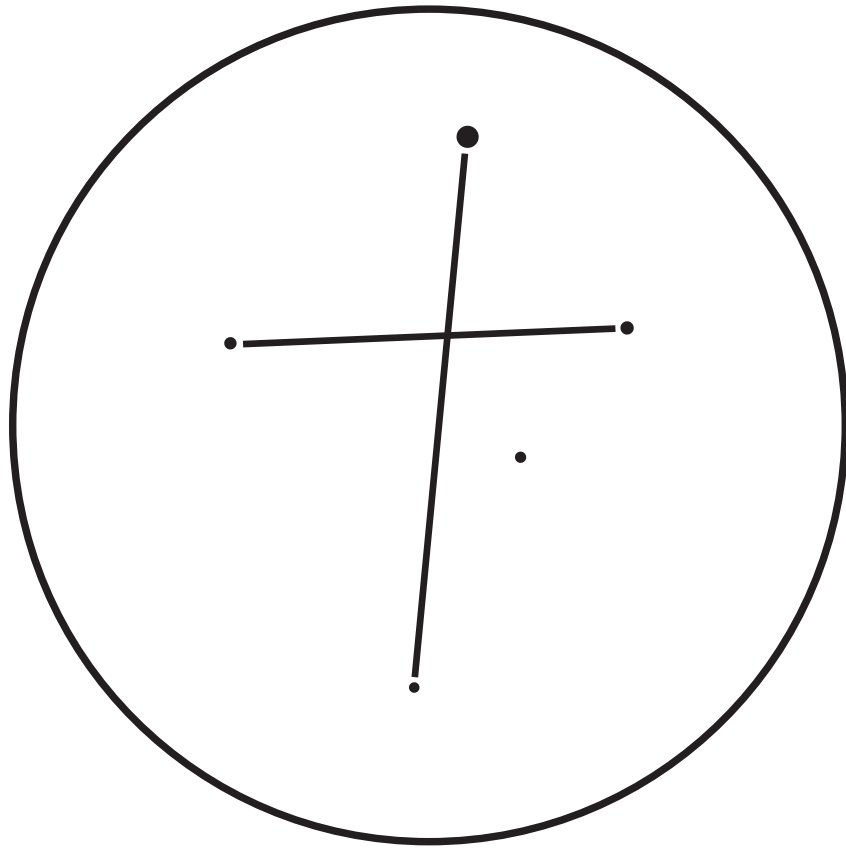
CREATED BY GOD

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FOR GOD SO LOVED THE
WORLD, THAT HE GAVE
HIS ONLY SON . . .

JOHN

3:16

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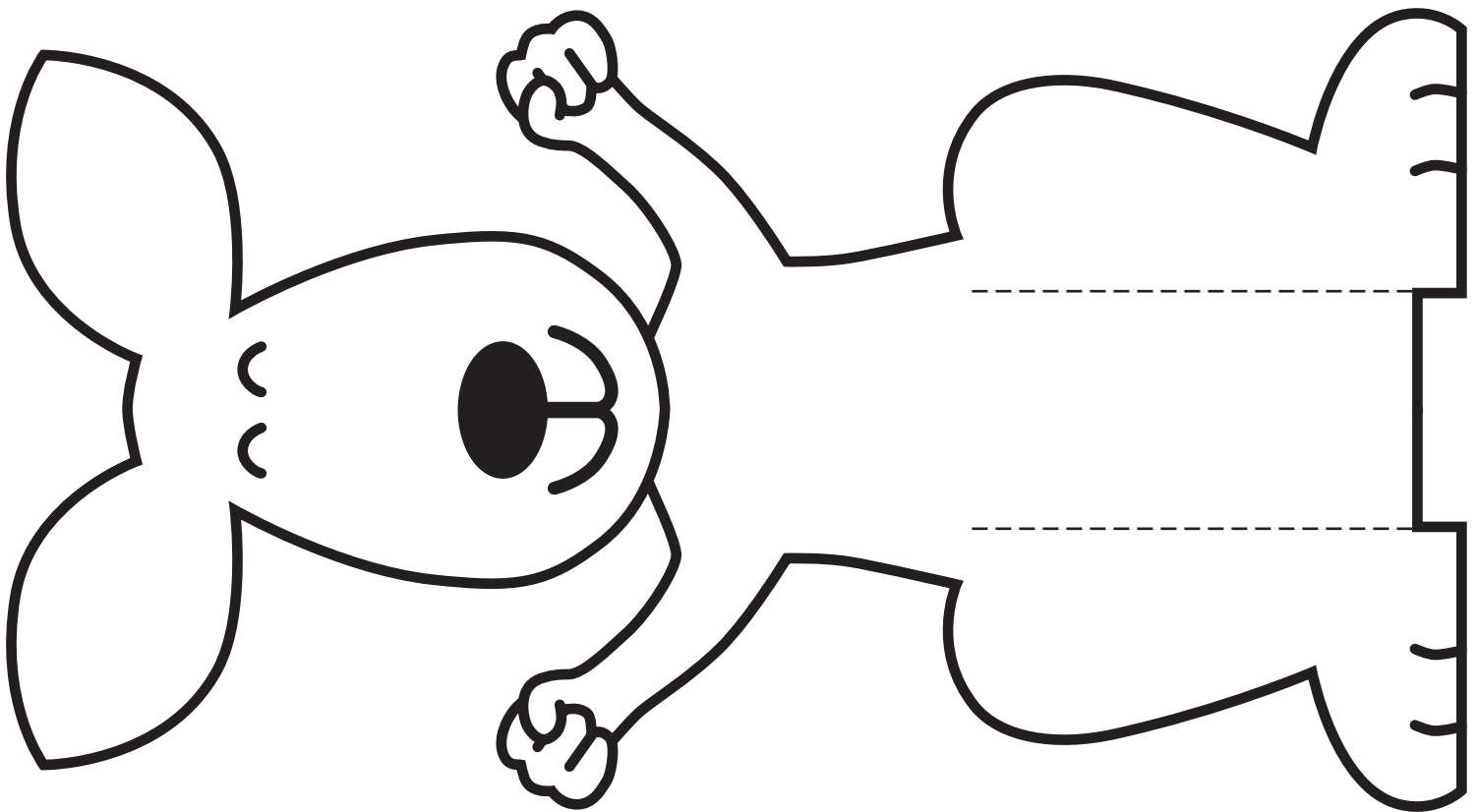
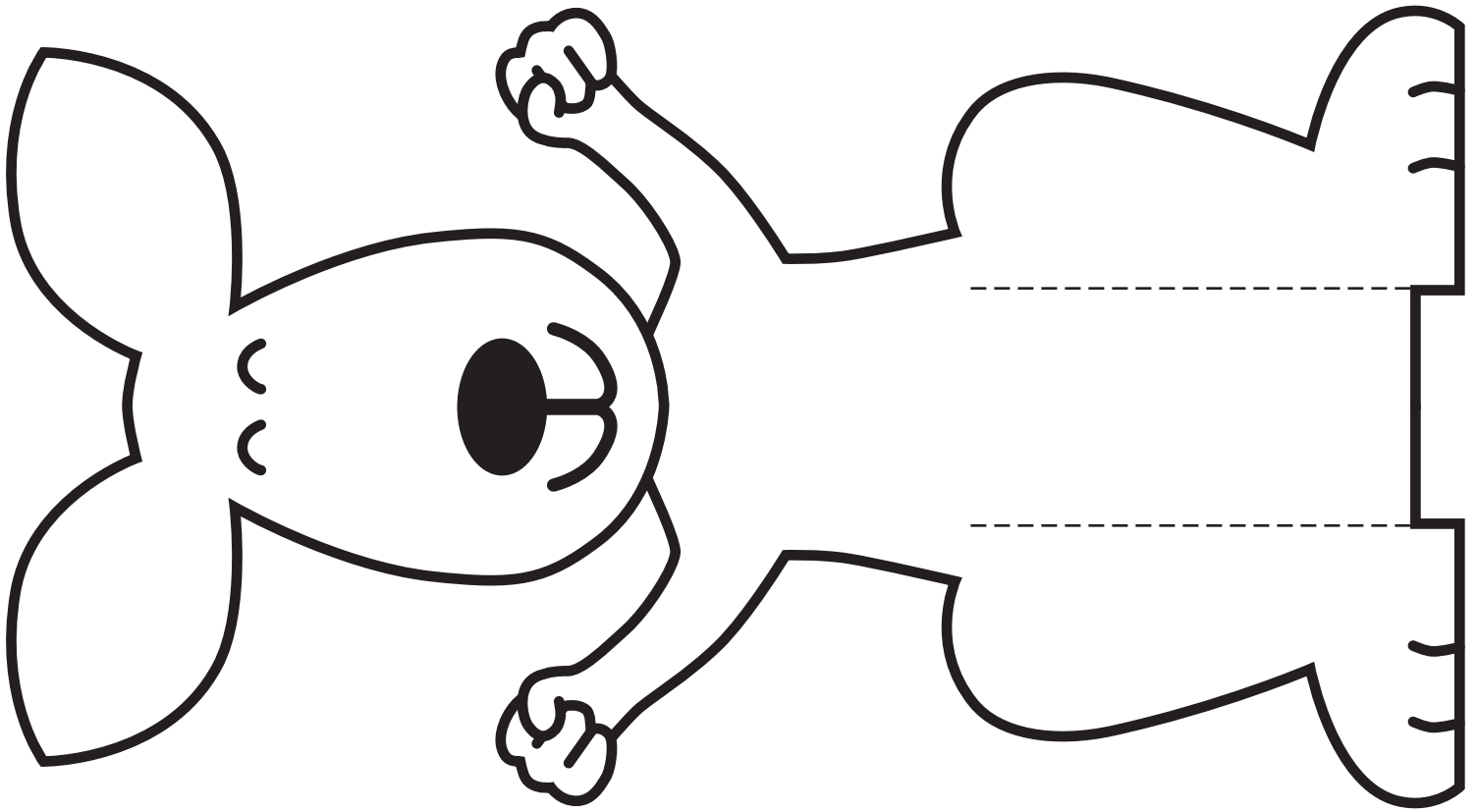
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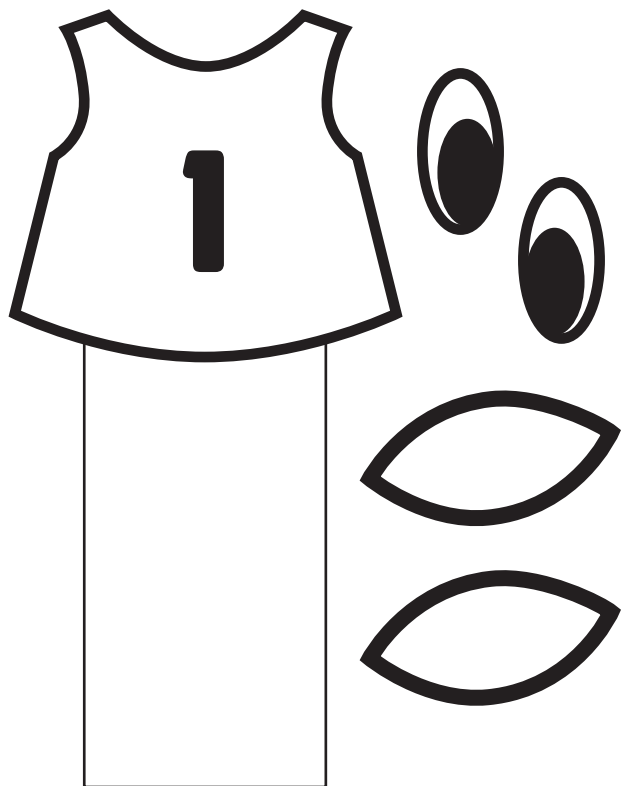
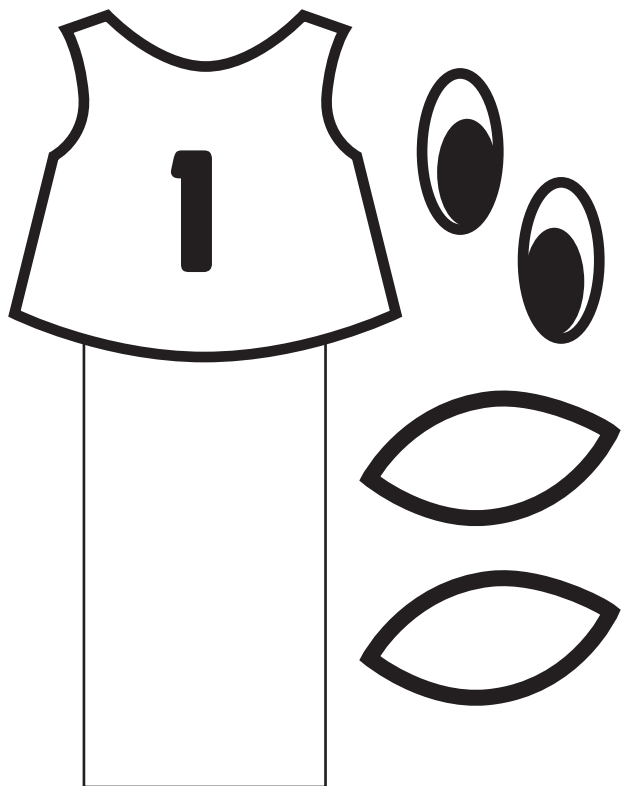
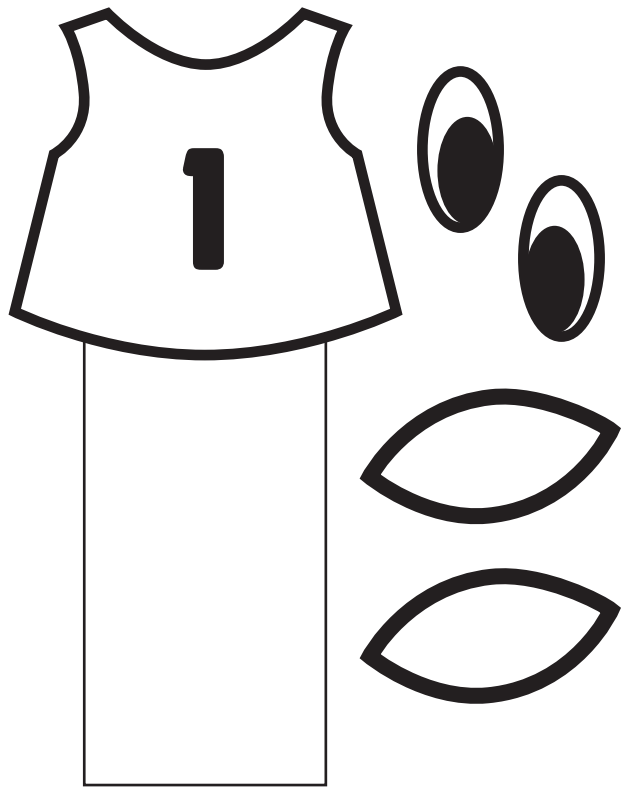
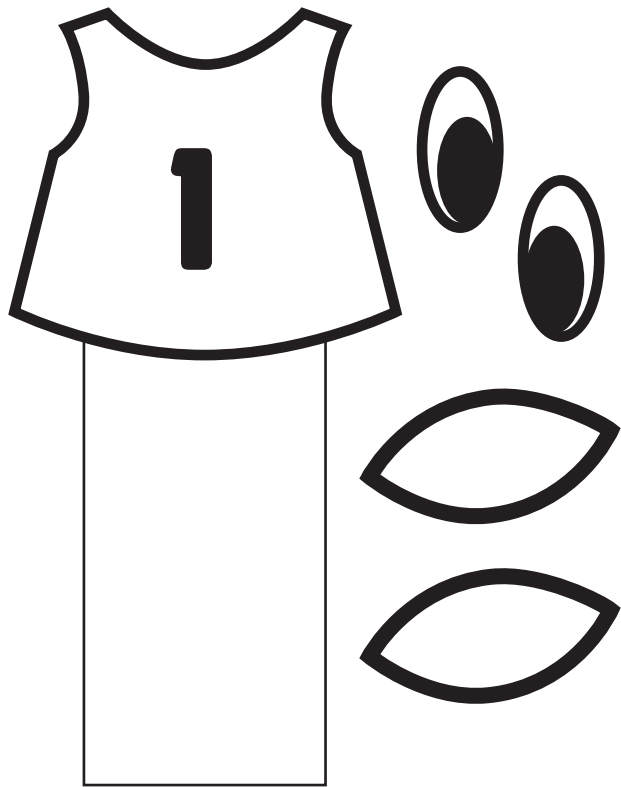
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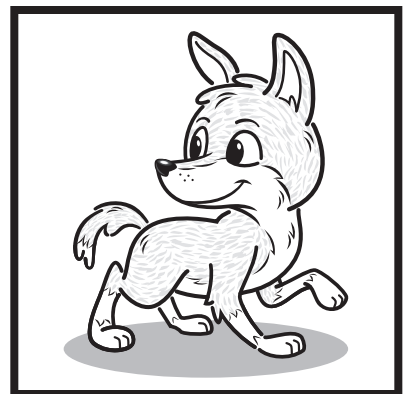
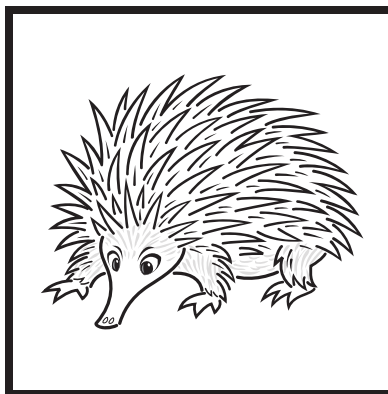
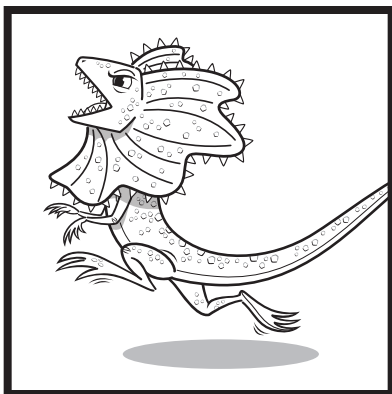
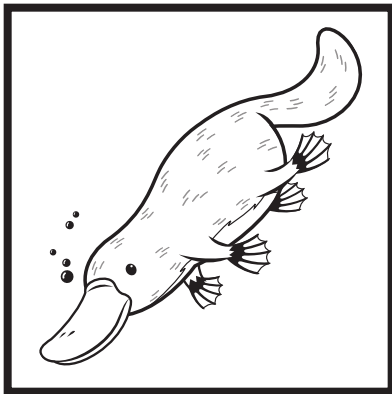
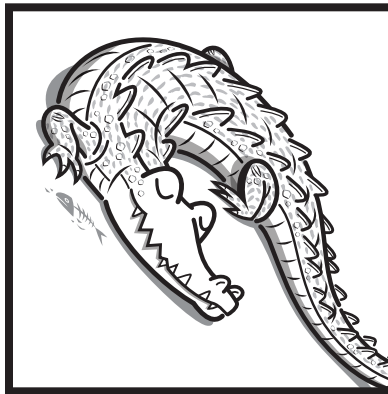
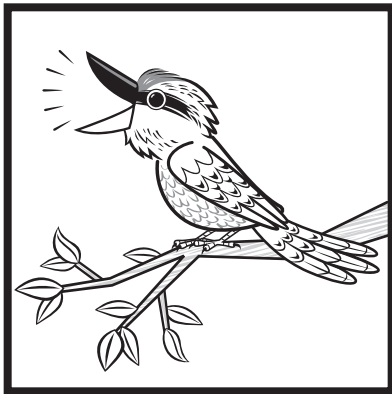
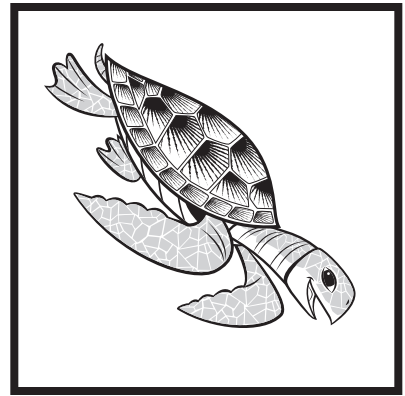
JOHN

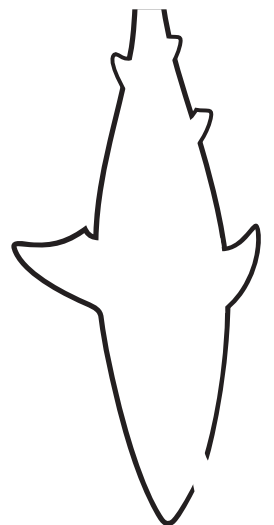
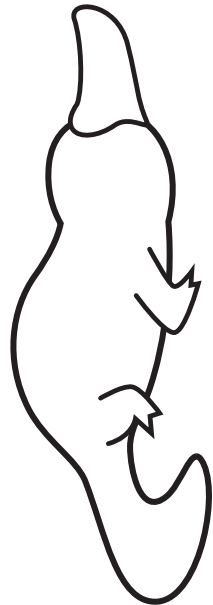
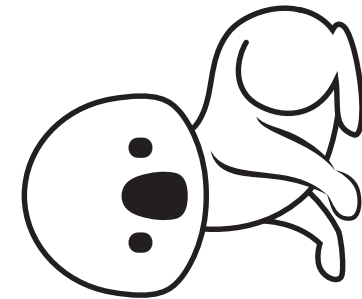
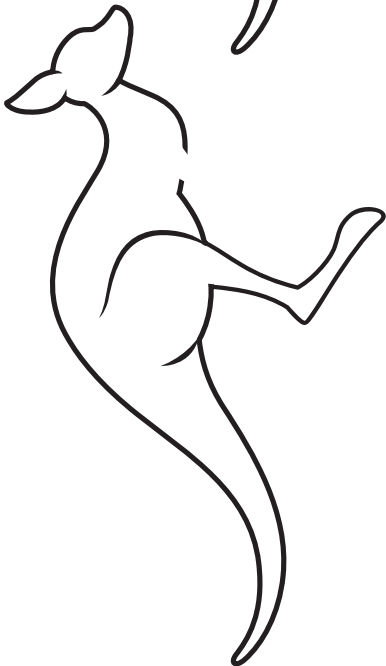
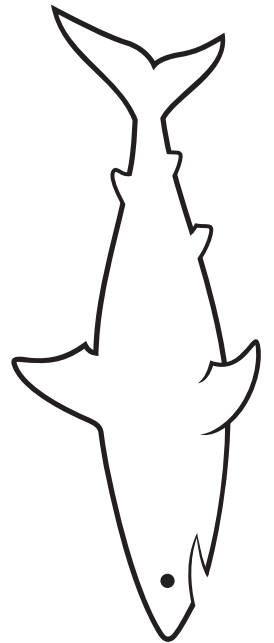
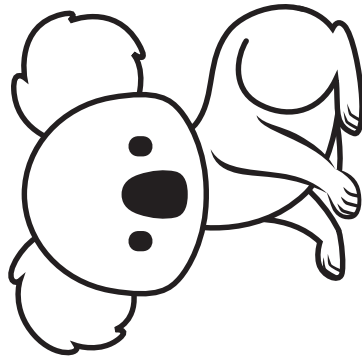
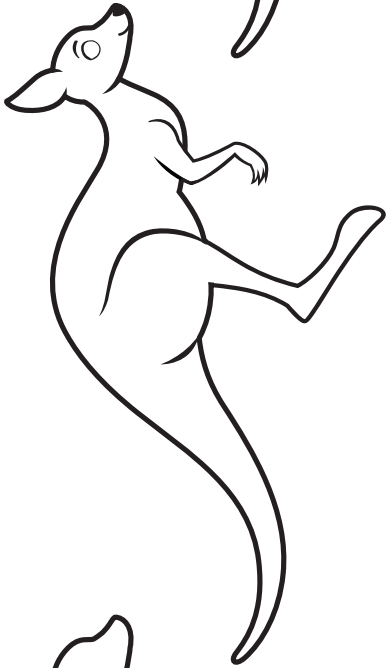
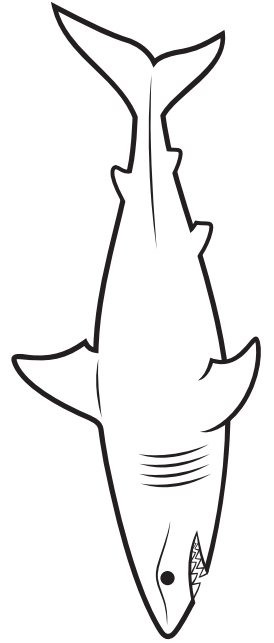
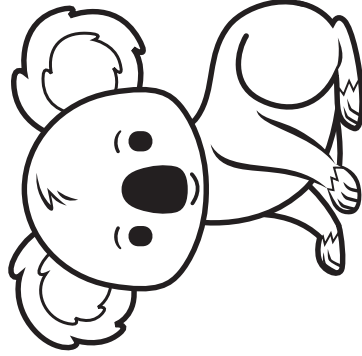
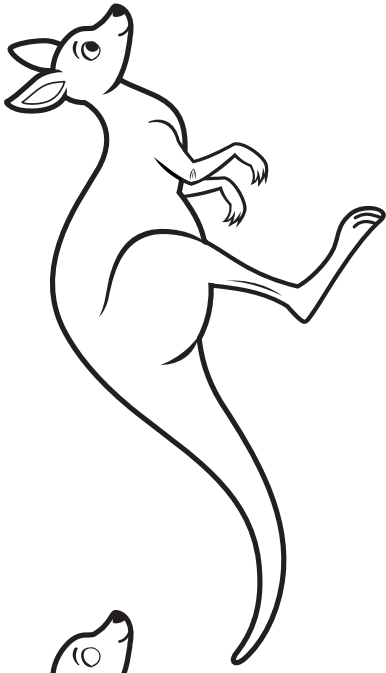
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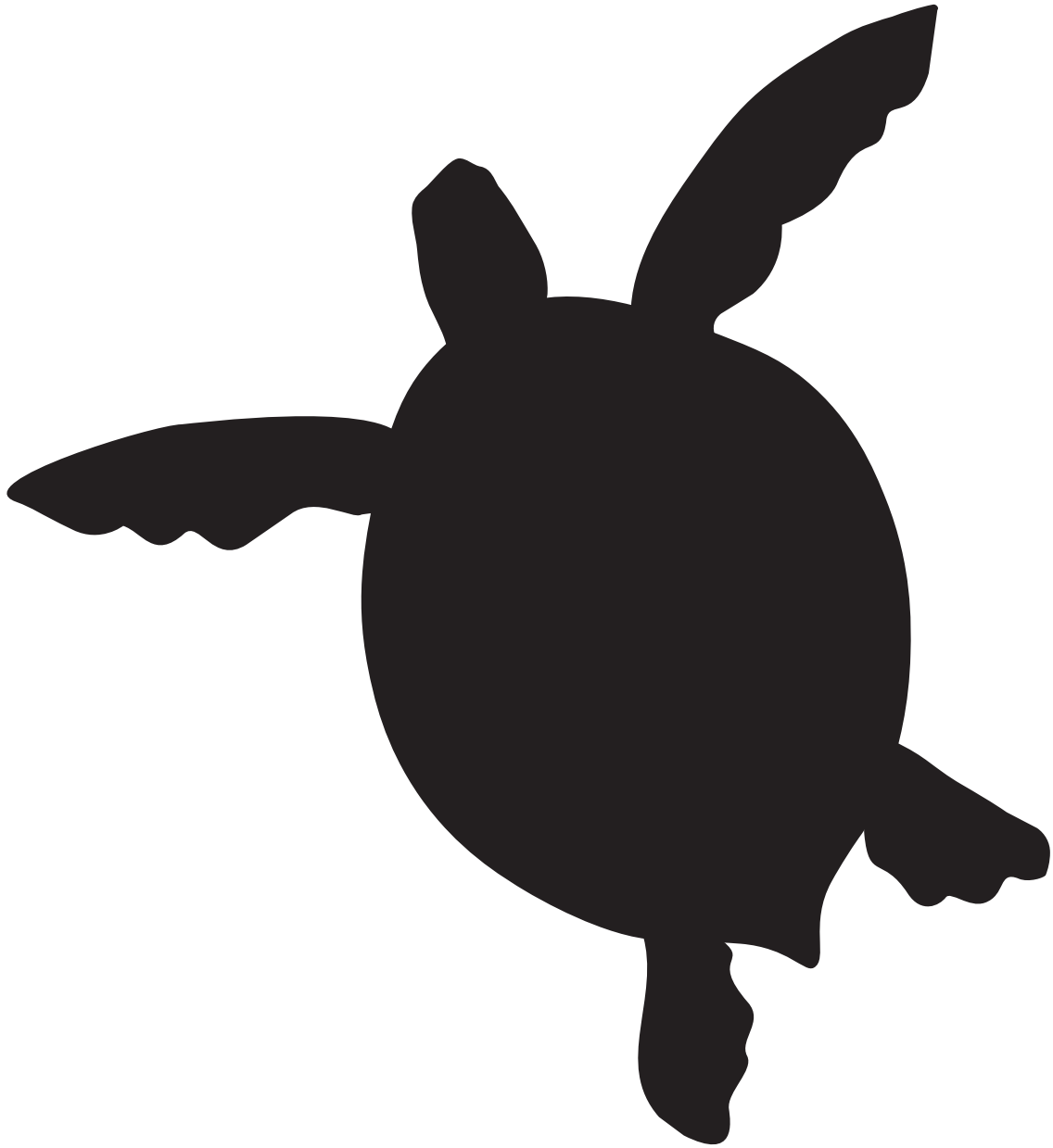






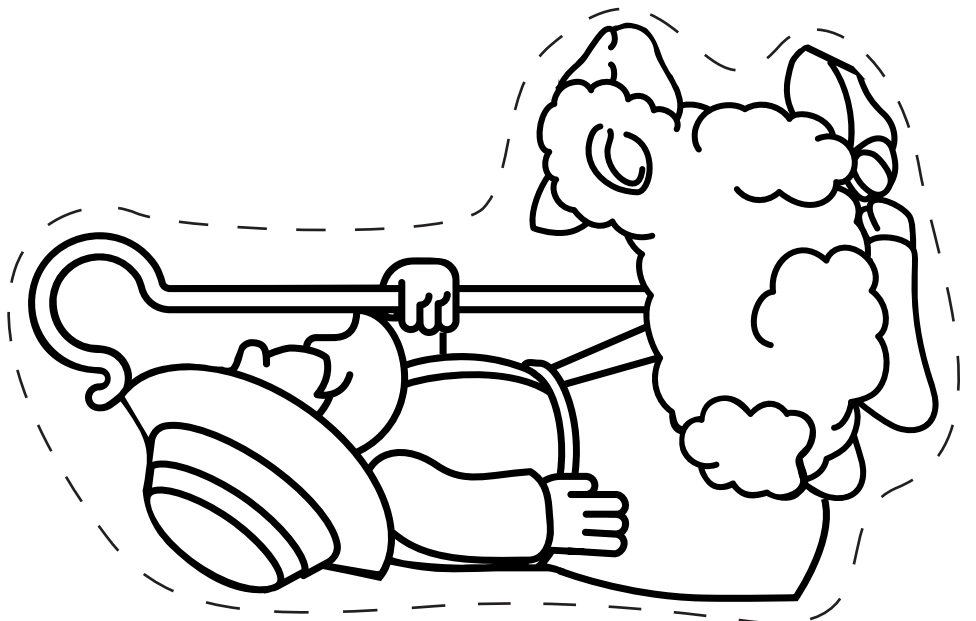
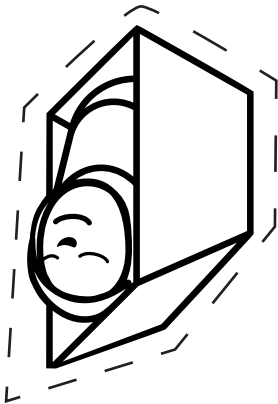
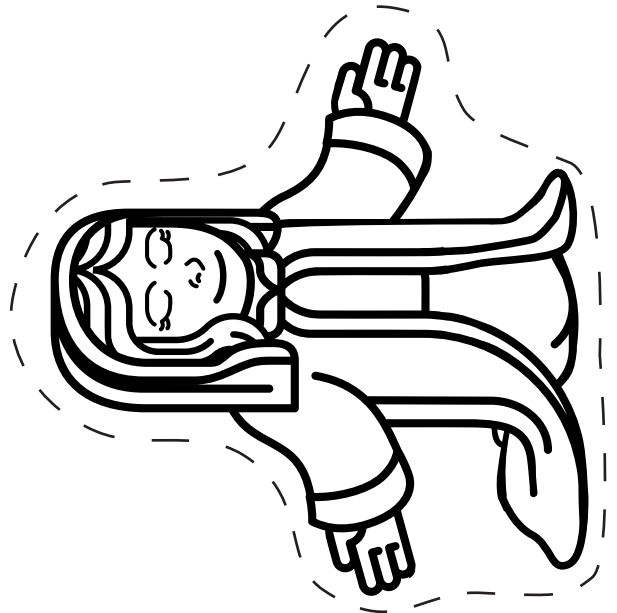
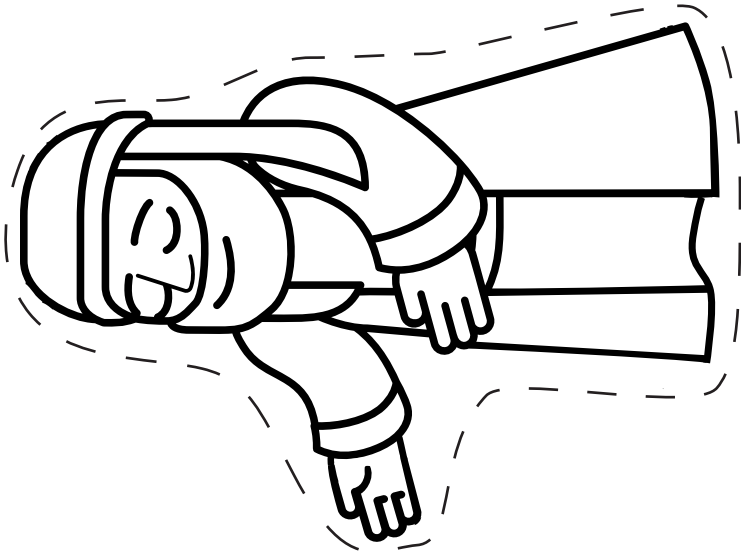
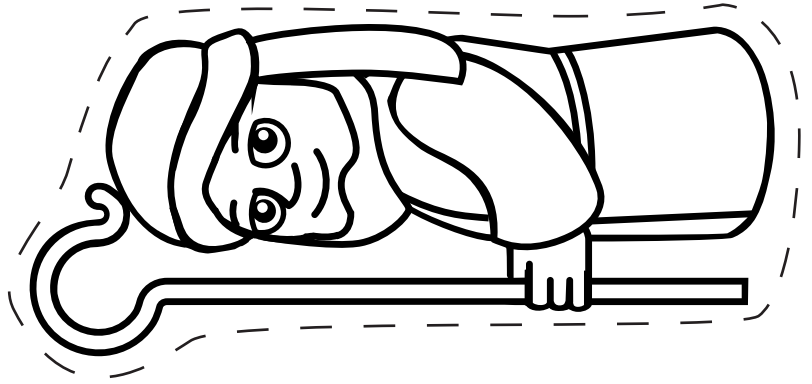


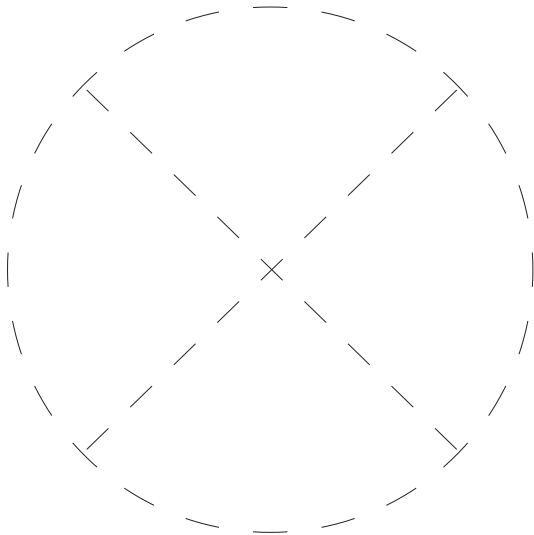
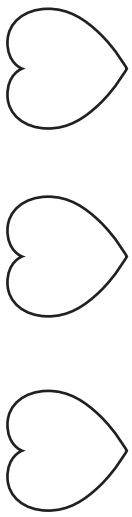






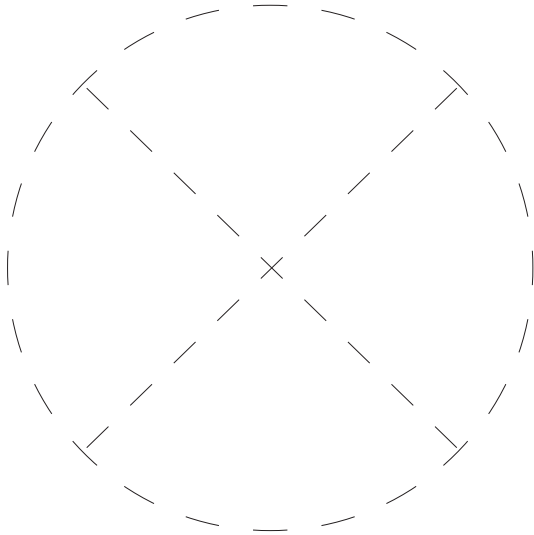
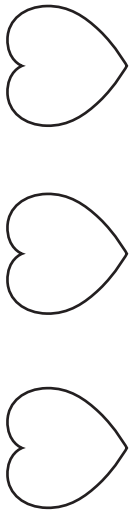
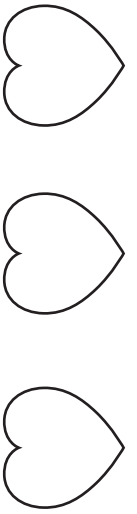






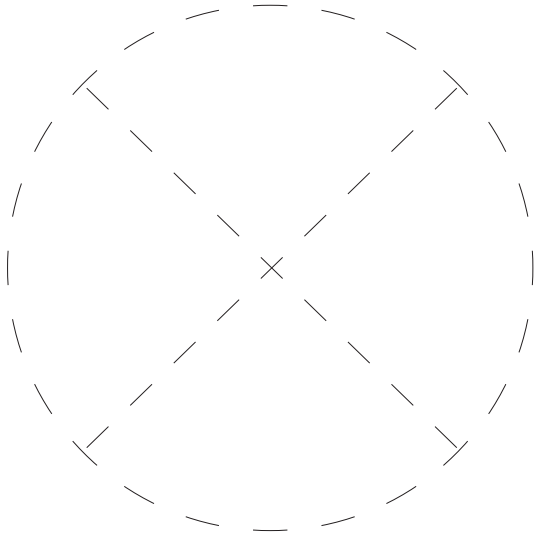
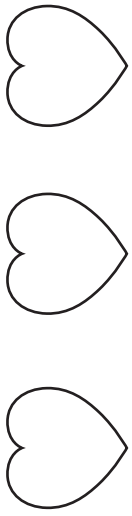
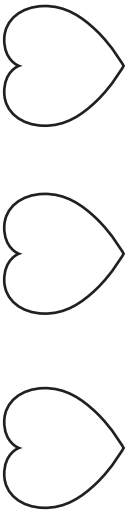
Jesus
Loves
You

For God so loved the world, that
he gave his only Son, that whoever
believes in him should not perish but
have eternal life. John 3:16 ESV



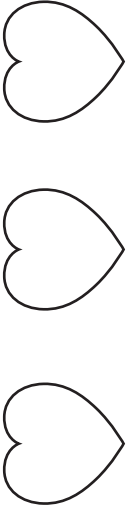
You are
Precious
to God

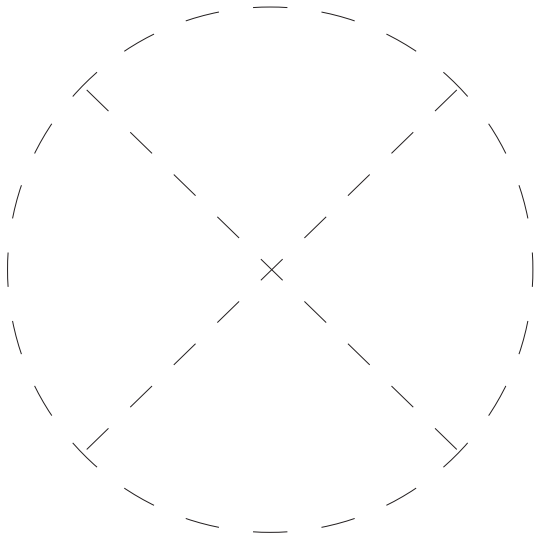
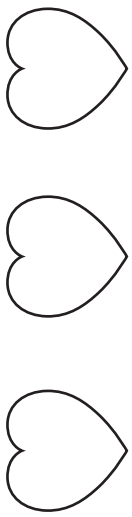
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Loves
You

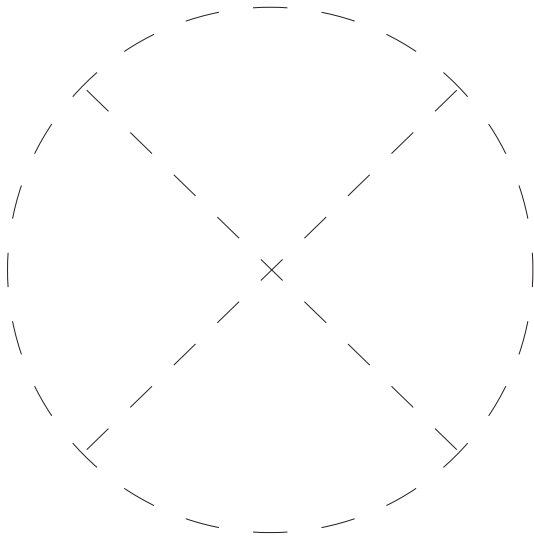
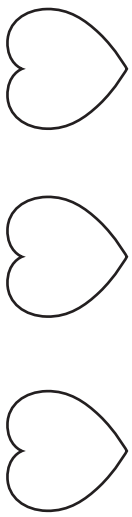
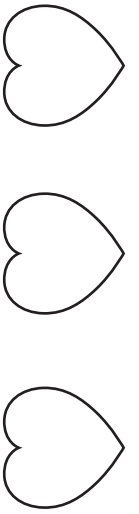
For God so loved the world, that
he gave his only Son, that whoever
believes in him should not perish but
have eternal life. John 3:16 ESV





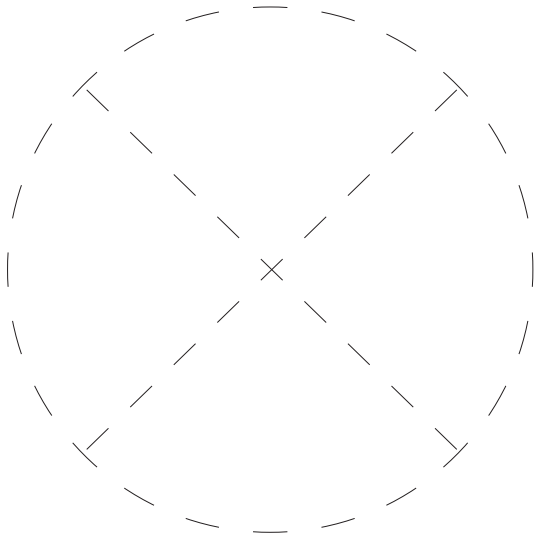
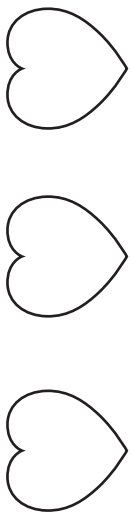
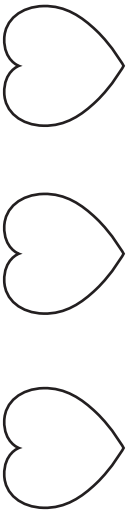
JESUS
LOVES
YOU

For God so loved the world, that he gave
his only begotten Son, that whosoever
believeth in him should not perish, but
have everlasting life. John 3:16



YOU ARE
PRECIOUS
TO GOD

For God so loved the world, that he gave
his only begotten Son, that whosoever
believeth in him should not perish, but
have everlasting life. John 3:16



GOD
LOVES
YOU

For God so loved the world, that he gave
his only begotten Son, that whosoever
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