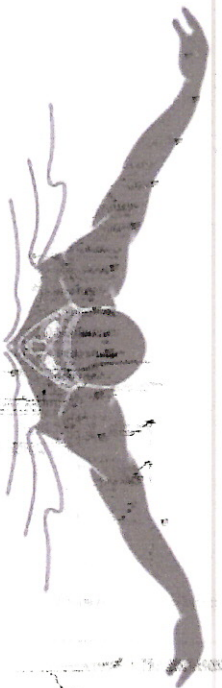


# Workout



**Directions:** Find a partner and play Rock, Paper, Scissors. Then use the results to determine which exercise you need to do. Spend no more than 15-20 minutes.

[Link to timer](#)



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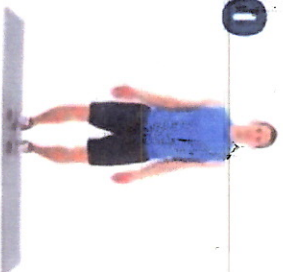


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