



Chatterbox Challenge | Exercise Right Week



1 Cut along the outer edge.

2 Fold in half both ways, then unfold.

3 Flip, then fold inward along the dotted lines so that the blank side is covered.

4 Flip, then fold inward along the dashed lines so that the exercises are covered.

5 Fold in half both ways, then your chatterbox is ready to use!

Visit
www.guardianexercise.com.au/chatterbox
to find out
how to play!