



Fitness Dice Game

Directions: Roll two dice and add the number together. The sum of the dice determines the exercise movement. Your workout should consist of at least 10 rolls of the dice. However, if you're feeling extra motivated, roll a few bonus rolls to intensify your workout!

Roll a 2 – 5 push-ups

Roll a 3 – 15 sit-ups

Roll a 4 – 15 squats

Roll a 5 – 20 mountain climbers

Roll a 6 – 10 burpees

Roll a 7 – 25 jumps (with or without a jump rope)

Roll an 8 – 10 lunges (5 on each side)

Roll a 9 – side jumps

Roll a 10 – 20 plank shoulder touches

Roll an 11 – 30 jumping jacks

Roll a 12 – 20 high knees (10 each leg)