

Directions: Roll two dice and add the numbers 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 extra times to intensify your workout!



Roll a 2 – 5 pushups

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 rope)

Roll an 8 – 10 lunges (5 each leg)

Roll a 9 – 25 side jumps

Roll a 10 – 20 plank shoulder touches

Roll an 11 – 30 jumping jacks

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