

Roll the Dice Workout



Directions: All you need is two dice. Each workout should include at least 10 dice rolls, but you can do more based upon your fitness level. The sum of the two dice determines the activity that you do.

Roll a 2 → 200 jumping jacks

Roll a 3 → 15 front lunges*

Roll a 4 → 15 high knees*

Roll a 5 → 15 push-ups

Roll a 6 → 25 crunches

Roll a 7 → 30 squats

Roll an 8 → 40 mtn climbers*

Roll a 9 → 20 skaters*

Roll a 10 → 100 jump ropes

Roll a 11 → 15 butt kicks*

Roll a 12 → 15 burpees



*each side/leg