

" The greats do things when they don't want always want to, I think that's what separates good from great "

Michel Phelps

Dice Workout

Directions:

Players each throw two dice.

1st number is DOWN, 2nd is ACROSS.

--Option 1: Play to clear the board

--Option 2: Play for X min

Repeat exercises if you get it again, but don't repeat items that can't be completed again, so you roll again.



[Link to timer](#)

[Link to dice](#)

	Do 30 seconds of jumping lunges	Do a 45 second plank on your elbows	Lie down on the floor in streamline and do 10 Vups	Do 20 mountain climbers on each leg	Do 10 burpees with a streamline jump at the end.	Take out the trash at the end of the game or after dinner
	Streamline jump 10x, touching the floor with both hands after each jump	Vacuum the living room at the end of the game	Run on the spot with high knees for 30 seconds	Rock, Paper, Scissors with an opponent. Loser has to do 8 burpees	Step up on a chair 10x each leg	Lie down on a kitchen chair and swim freestyle for 30 seconds
	Do a 30 second plank on your elbows	Do 15 streamline sit-ups, all the way up	Do 10 push-ups on toes, knees or against the wall with good form	Do a silly dance for 15 seconds	Do crow jacks for 45 seconds	Run on the spot with butt kicks for 30 seconds
	Do 5 pushups on toes, knees or against the wall with good form	Hold a book in each hand in front of chest and raise arms above head 15x	Set the table for dinner this evening	Do 30 bicycle crunches	Do 20 squats	Do front lunges with big steps, 10 each leg
	Do jumping jacks for 1 minute	Tell a player one thing you admire about them	Wait sit for 1 minute with knees at 90 degrees	Stand in a proper streamline position for 30 seconds	Sing a song for everyone (Your choice)	Sit down on the floor and stand up 5x. Can't use arms!
	Do 20 knee dips on a kitchen chair	Lie down on your back on the floor. Do small fast flutter kicks for 1 minute	Everyone does a 45 second plank on your elbows	Do 30 streamline situps	Clean up and do dishes after dinner	You can choose an exercise for another player

Delta Aquatics