

# Roll the Dice

*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)*