

Roll the Dice Workout

Get your workout in a FUN way!
A new workout every time you play

- Set a timer for your desired workout time
- Roll both dice then complete the coordinating exercise
- Continue rolling and completing coordinating exercises for the desired workout time

2 - 15 Burpees

3 - Jumping Jacks - 1 minute

4 - 30 Crunches

5 - Mountain Climbers - 1 minute

6 - 15 Push-ups

7 - Skaters - 1 minute

8 - 30 Glute Bridges

9 - Plank - 1 minute

10 - 15 Lunges on each side

11 - Superman - 1 minute

12 - 30 Squats



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