



Roll the dice!

Roll a pair of dice to determine what your exercise you will do.

Then have your partner roll a pair of dice to determine how many.

1 – Push ups

2 – Curl ups

3 – Jumping Jacks

4 – Mountain Climber

5 – Windmills

6 – Burpees

7- Crab Walk (Dice total X 10 seconds)

8 – Bear Crawl (Dice total X 10 seconds)

9 – Lunges

10 – Spin arms in a circle

**11 – Balance on one foot
of**

**12 – REVERSE! Partner does exercise
of your choice!**