



ROLL for Fitness!



Directions: Roll two dice and add the numbers together. The sum of the dice determines the exercise movement.



Roll a 2 – 5 pushups

Roll a 3 – 15 sit-ups

Roll a 4 – 15 squats

Roll a 5 – 20 mountain climbers (10 each side)

Roll a 6 – 10 Burpees

Roll a 7 – 25 jumps (with or without a rope)

Roll an 8 – 20 lunges (10 each leg)

Roll a 9 – 30 side jumps

Roll a 10 – 20 plank shoulder touches

Roll an 11 – 50 jumping jacks

Roll a 12 – 30 high knees (15 each leg)

Groups of 2: Each partner tosses a die in the air, then catches it. Add the number facing up.

Groups of 4: Two group members, each holding a die, stand facing the other two group members. The two holding the dice toss them to the members who are not holding the dice. After catching the dice, add the two numbers facing up.