

ROLL for Fitness!

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** – **20 Star Jumps**

Roll a **3** – **20 Speed Skaters**

Roll a **4** – **10 Burpees**

Roll a **5** – **10 Squat Jumps**

Roll a **6** – **25 Skier Jacks**

Roll a **7** – **25 Jumps**

(with a jump rope if possible)

Roll an **8** – **10 Plank-to-Low Squats**

Roll a **9** – **5 Pushups**

Roll a **10** – **10 Hip Bridges**

Roll an **11** – **20 Calf Raises**

Roll a **12** – **10 Crab Toe Touches**



Scan this QR code
to see a video of
each exercise!