

# Roll the Dice and Pay the Price Fitness Activity

Pick 1 Dice Workout Each Day (Monday-Thursday and Repeat Your Favorite on Friday!)

If you don't have a set of dice, write numbers 1-6 on pieces of paper, and pull them from a cup!

**FITNESS DICE EXERCISES**

Sport-fitness

<b>ONE</b> 10 PUSH-UPS	<b>TWO</b> RUN 2 LAPS
<b>THREE</b> 10 JUMPS	<b>FOUR</b> BUTTERFLY STRETCH 30 SECONDS
<b>FIVE</b> 10 SQUATS	<b>SIX</b> ASK A FAMILY MEMBER

**FITNESS DICE EXERCISES**

Sport-fitness

<b>ONE</b> 10 SECOND GUAD STRETCH EACH FOOT	<b>TWO</b> 30 SECOND PLANK
<b>THREE</b> 20 SECOND NECK STRETCH	<b>FOUR</b> CLOSE YOUR EYES AND PICK
<b>FIVE</b> 30 SECOND WALL SIT	<b>SIX</b> CRAB WALK ACROSS GYM & BACK

**FITNESS Dice Exercises**

Sport-fitness

<b>ONE</b> 10 Lunges	<b>TWO</b> 5 Sit-Ups
<b>THREE</b> Skip 1 Lap	<b>FOUR</b> 20 Second Stretch
<b>FIVE</b> 15 Crab Dips	<b>SIX</b> 1 Foot Balance 20 Seconds

**FITNESS Dice exercises**

Sport-fitness

<b>ONE</b> 1 LAP ON TOES	<b>TWO</b> 20 SPEED JUMPS
<b>THREE</b> 10 CURL-UPS	<b>FOUR</b> BEAR CRAWL 1 LAP
<b>FIVE</b> 15-SECOND TRUNK LIFT	<b>SIX</b> 10 JUMPING JACKS