***Roll of the Dice!!!***

**Directions: Roll two dice and add the numbers together. The sum of the dice determines the type of exercise movement you do. Your workout should include at least 10 rolls of the dice. However, if you are feeling extra motivated, roll a few extra times to intensify your workout.**

**Roll a 2 – 5 Pushups**

**Roll a 3 – 15 Sit ups**

**Roll a 4 – 15 Squats**

**Roll a 5 – 20 mountain climbers**

**Roll a 6 – 10 Burpees**

**Roll a 7 – 25 jump ropes (with or without rope)**

**Roll an 8 – 10 lunges (5 each leg)**

**Roll a 9 – 25 Side to Side jumps**

**Roll a 10 – A 20 second plank**

**Roll an 11 – 30 Jumping jacks**

**Roll a 12 – 20 High knees (10 each leg)**