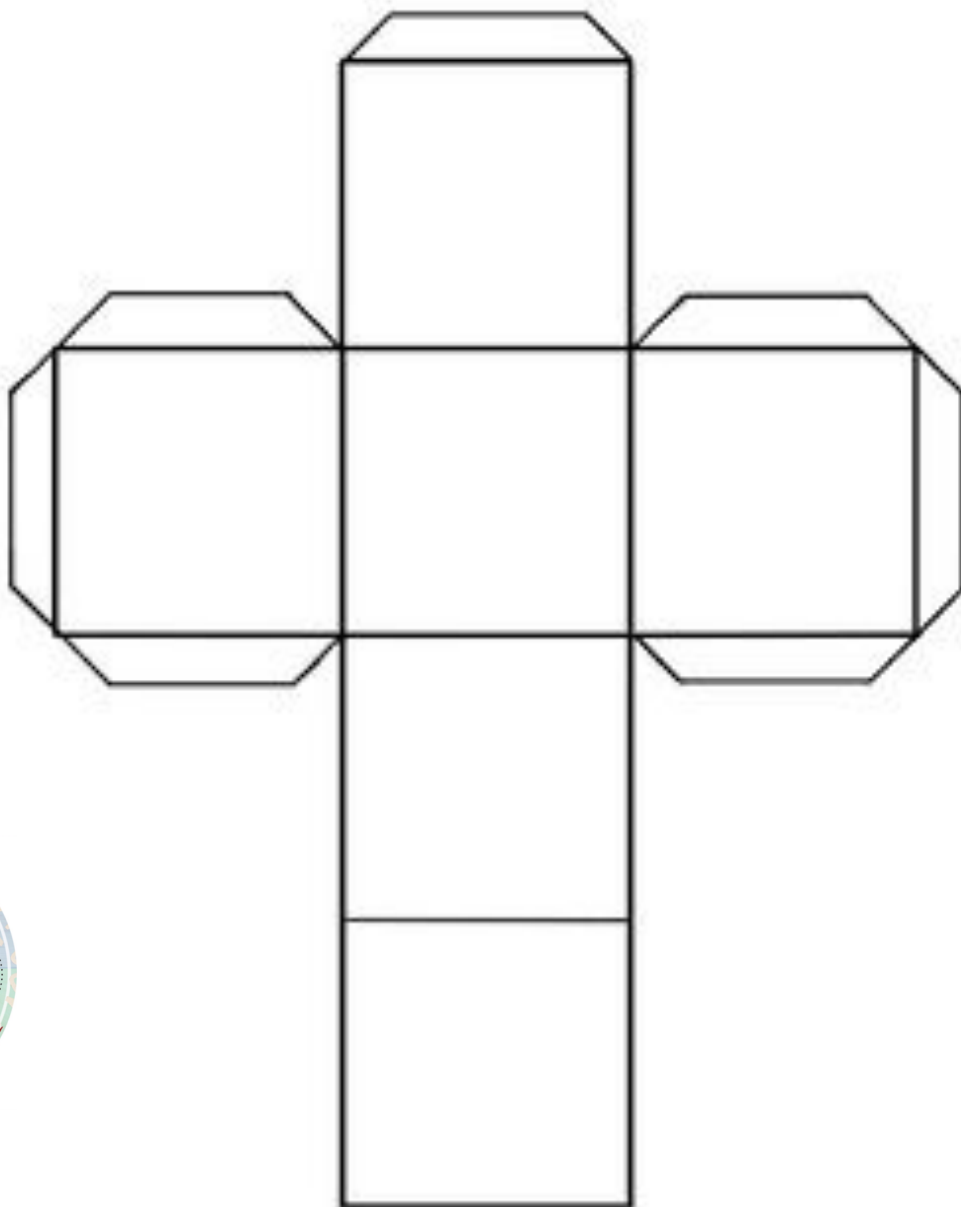


Dice Fitness

Create your own dice or use this template to create a dice fitness game. There are several ways you could use this activity.

1. Create the dice from the template or use your own at home. Roll the dice and what number it lands on is the amount of exercises (repetitions) you do. Someone can tell you the exercise to complete.
2. Create or use two die and write exercises on one, roll for the repetitions on the other.
3. Be creative and come up with your own rules.





Lunges	Burpees	Crab walk for 10 seconds
Army Crawl	Bear Crawl	Handstand for 10 seconds
Jump twist	Bicycle kicks	10m sprint
Frog Jumps	Toe touches	Side to Side
Jump tucks	Air punches	Air kicks
Push ups	Sit ups	Star Jumps