






Fitness Dice Challenge

Directions: Start by rolling two dice. Count the numbered spots and complete the activity listed below. Roll the dice *again* to determine how many times you need to perform that movement.

Repeat that process for 15 minutes. This can be done with a family member or alone.

*Balance on 1 leg, planks, and jog in place you do not need to roll the dice twice, the duration is state under the movement.

2	Sit Ups	
3	Jumping Jacks	
4	Push Ups	
5	Squats	
6	Balance on 1 Leg (20 seconds each leg)	
7	Plank (hold for 30 seconds)	
8	Jog in Place (30 seconds)	
9	Frog Hops	
10	Crab Walk	
11	Arm Circles	
12	Toe Touches	