

# ROLL *in the* NEW YEAR!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Scan the QR code for a video of each exercise!			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Student: \_\_\_\_\_ Grade: \_\_\_\_\_ Days Completed: \_\_\_\_\_

Parent Signature: \_\_\_\_\_ Teacher: \_\_\_\_\_

# *ROLL in the* **NEW YEAR!**

**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.**



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to see a video of  
each exercise!

Complete the *ROLL in the NEW YEAR* fitness challenge throughout the month of January. Using the calendar, write your initials for each day you complete a workout. At the end of the month, have your parents sign the bottom of the calendar, and return it to your PE teacher for an award certificate.