ROLL for Fitness!

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

Scan this QR code to see a video of each exercise!