

PROJECT: GET IT DONE TOGETHER

Roll the Dice Workout

You will need two dice for this workout! Roll the dice then add the numbers up to find your movement below. Aim for 5-10 rolls for a complete workout!

If you...

- **Roll a 2:** 20 LUNGES (10 each side): Stand in a split stance (feet hip width apart), with one leg forward one and leg back. Put your weight in your front heel, lower your back leg down to a 90-degree angle and then return to standing.
- **Roll a 3:** 5 TUCK JUMPS: Start by standing with your feet a little less than shoulder-width apart. Drop down a little into a quarter squat then jump up and explode into the air. Keep your back straight throughout and tuck your knees up towards your chest as much as possible before landing as softly as you can.
- **Roll a 4:** 5 BURPEES: Begin in a standing position. Move into a squat position with your hands on the ground. Kick your feet back into a plank position, while keeping your arms extended. Immediately return your feet into squat position. Stand up from the squat position.
- **Roll a 5:** 10 SQUATS: Stand with your feet slightly wider than hip distance, keeping your weight in your heels. Sit your hips back as if you are sitting in a chair and rise back up to standing.
- **Roll a 6:** 15 JUMPING JACKS
- **Roll a 7:** 10 JUMP SQUATS: Start in a squat position like you are sitting in a chair. Push your heels through the floor and jump up, landing back in a squat position.
- **Roll an 8:** 5 PUSH UPS: Start in a plank position with your hands outside your shoulders and your body in a straight line. Lower your body, bringing your chest towards the floor by bending your elbows at a 45-degree angle while keeping your body in a straight line
- **Roll a 9:** 10 JOG IN PLACE: Stay in one spot and jog while counting from zero to 10.
- **Roll a 10:** 15 JUMP ROPE: Grab a real one or pretend to have one in your hands. Jump 15 times!
- **Roll 11:** 30 SECOND PLANK: Keep your elbows/ hands directly under your shoulders. Keep your body isolated and in a straight line to feel your core engaged. Count to 30 and release.
- **Roll 12:** 5 TRICEP DIPS: Grab the edges of a bench or chair with your hands, hover your glutes in front of and off the seat so you are holding yourself up in a seated position with your hands behind you. Your legs are bent, and your arms are straight. Lower your body toward the floor, bending your arms at a 90-degree angle. Engage your triceps to push yourself back up to straight arms, and repeat five times.