

# 4/13/2020 Roll the Dice

Warm-up

## Round 1:

12 rolls of the dice (complete the exercise if it lands on the number):

1. 3 tuck jumps
2. 4 burpees
3. 5 pushups
4. 6 v-ups
5. 7 streamline squat jumps
6. 8 single leg squats (4 each leg)

:40 on/:20 off -or- :30 on/:30 off

1. Air squats
2. Crunches
3. Lunges
4. Plank hold

## Round 2:

10 Rolls of the Dice

1. 10 Dead bugs
2. 20 Mountain climbers
3. 15 Supermans
4. 10 Shoulder pushups
5. 20 Russian twists
6. 10 Skater hops

:40 on/:20 off -or- :30 on/:30 off

1. Air squats
2. Crunches
3. Lunges
4. Plank hold

Cool down/stretch