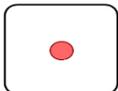
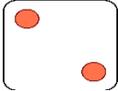
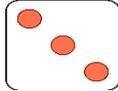
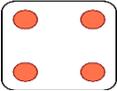
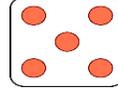
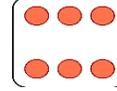
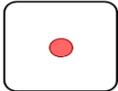
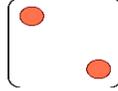
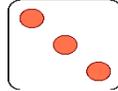
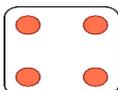
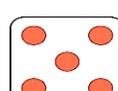
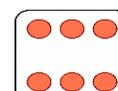


# DICE WORKOUT

Directions:  
 Players each throw two dice.  
 1<sup>st</sup> number is DOWN, 2<sup>nd</sup> is ACROSS  
 Play for 30 minutes

Repeat exercises if you get it again, but don't repeat items that can't be completed twice, so you roll again.

						
	Do 30 seconds of jumping jacks	Do a 45 second forearm plank	Lie down on the floor in streamline and do 10 V-ups	Do 20 mountain climbers on each leg	Tiger crawl 10 forward and 10 backwards	Take out the trash at the end of the game or after dinner
	10 standing broad jumps. Jump up not out/soft landing	Vacuum the living room at the end of the game	Run in place with high knees for 30 seconds	Rock, Paper, Scissors with an opponent. Loser does 8 burpees	Step up on a chair 10 x each leg	Lie down on a chair and swim freestyle for 20 seconds
	Do a 30 second forearm plank	Do 15 streamline sit ups all the way up	Do 10 push-ups with good form	Do a silly dance for 15 seconds	Do cross jacks for 45 seconds	Run in spot with butt kicks for 30 seconds
	Do 5 pushups with good form	Hold a book in each hand and raise arms above head 15x	Set the table for the next dinner	Do 30 Bicycle Crunches	Do 20 squats	Do front lunges with big steps. 10 each leg
	Do jumping jacks for 1 minute	Tell a player one thing you admire about them	Wall sit for 1 minute with knees at 90 degrees	Stand in proper streamline position for 30 seconds on toes.	Sing a song of your choice for everyone	Sit down on floor and stand up 5 x without using arms
	Do 20 tricep dips on a kitchen chair or couch	Lie down on your back on the floor. Do small fast flutter kicks for 1 minute	Everyone does 45 second forearm plank	Do 20 streamline situps	Clean up and do the dishes after dinner	You can choose an exercise for another player