**Roll the Dice Workout**

* Create a different workout each time you play! Simply roll the dice and add the amounts together!
* The only equipment you need is a pair of dice and an open space.
* Each workout should include at least 10 rolls, do more if you want an intense workout.
* The sum of the two dice determines the activity you do!

**ROLL a 2** = 40 Jumping Jacks

**ROLL a 3** = 30 Lunges (15 each side)

**ROLL a 4** = 30 High Knees (15 each side)

**ROLL a 5** = 15 Push-ups

**ROLL a 6** = 25 Sit-ups

**ROLL a 7** = 30 Squats

**ROLL an 8** = 40 Mountain Clumbers (20 each side)

**ROLL a 9** = 20 Leg lifts

**ROLL a 10** = 50 Jump Ropes (no rope)

**ROLL an 11** = 45 second plank

**ROLL a 12** = 15 Burpees

