

# ROLL THE DICE WORKOUT

1. SET THE TIMER FOR 20 MINUTES.
2. ROLL TWO DICE AND DO THE EXERCISES THAT COINCIDE WITH WHAT THE DICE READ; FOR EXAMPLE, ROLL A 1 AND A 5, DO 20 JUMPING JACKS AND 1 MIN RUN IN PLACE, ETC. KEEP ROLLING UNTIL TIME IS UP. TAKE 30 SEC. BREAKS AS NEEDED.



20 JUMPING JACKS



10 BURPEES



20 SQUATS



20 MT CLIMBERS



10 PUSHUPS



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20 LUNGES



20 TOE TOUCHES



WATER BREAK



RUN IN PLACE 1 MIN.



20 SITUPS



ARM CIRCLES 1 MIN.