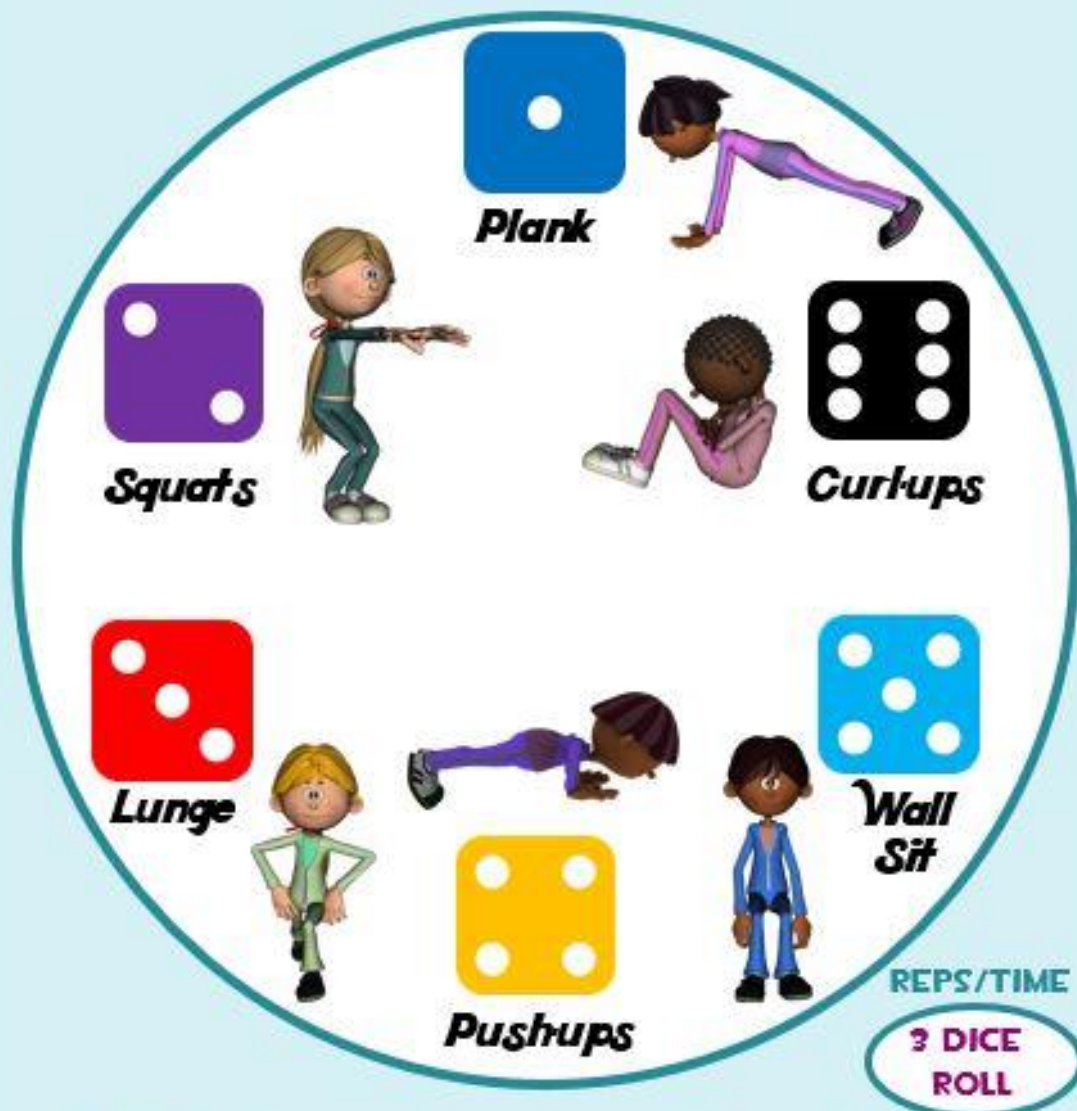


STRENGTH



Roll 1 die and perform the strength movements listed above. Roll and add 3 dice to determine the number of reps or seconds you will perform it.

1

DICE



CARDIO

Knee to Elbow

Bounce

Jumping Jacks

Jump and Twist

Skier Jump

Flutter Kick

REPS/TIME
4 DICE ROLL

Roll 1 die and perform the cardio movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

2

DICE



ENDURANCE



REPS/TIME

4 DICE
ROLL

Roll 1 die and perform the endurance movements listed above. Roll and add 4 dice to determine the number of reps or seconds you will perform it.

3

DICE

