**Dice fitness game**

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|  | **1** | **2** | **3** | **4** | **5** | **6** |
| **1** | Punches/hook | Star Jumps | Sumo squat a width | Ten kettle bell swings | Walk out with hands press up then stand back up | Side step a lap |
| **2** | Press ups/knee press ups | Flutter Kicks | Squats | 1 minute of step ups | Russian twists | Plank on hands |
| **3** | crunch’s slide hands up to bent knees | Lunge the width | mountain climbers straight | Sumo squat a width | Press ups/wall press ups | Forward frog jumps/squat and run backwards back to spot |
| **4** | High knees | Wall sit | Elbow plank | 1 minute of spotty dog | Side crunch’s, right hand to right ankle, left hand to left ankle | Lunge the width |
| **5** | Heel flicks | Burpees | Tricep dips | Mountain climbers right leg to left elbow, left leg to right elbow. | Supermans | Punches/upper cut |
| **6** | Skipping | Side step lunge and squat | Arm Circles | Punches jab | Sit ups | Star Jumps |