

Exercise Dice Game

What you need to have on hand:

1. Paper/Cardstock to create two dice using the template on page 2
2. Markers to list the activities and numbers on the sides of the dice or cubes.
3. Scissors and Tape (or glue) to create cube
4. Open space to exercise!

Directions:

1. Use the marker to label each square of one die with the following numbers: 3, 5, 7, 10, 12, and 15.
 2. Use the marker to label each square of the other die with any 6 of the following exercises:]
 - a. Jumping jacks
 - b. Standing crossover crunch
 - c. Run/walk in place
 - d. Circle arms backwards d. Push-ups (on the floor or against a wall)
 - e. Lunges, alternating legs
 - f. Hop on one foot
 - g. Toe touches (stand up and bend down to touch your toes)
 - h. Squat and reach
 - i. Jumps to the sky
 - j. Chair Planks x 5
–Example: die roll = 7, so person would hold the plank for 35 seconds (7x5)
 - k. Side bends
 3. To create cube, first cut out, then fold along lines. Glue tabs inside of cube.
 4. Have one player roll both dice. When the dice land face up, one die will show an exercise and the other die will show a number. The person should try to do that exercise the number of times designated by the dice. After the first player has completed their exercise, the next player should go. Keep taking turns!
- If you are unable to do an exercise, feel free to roll the dice again or modify the exercise so you can do it comfortably without risk of injury!

