

Bishop Primary

Dice Fitness



*All you need is 2 dice and some room to workout!
Workout should include 10 dice rolls, but you can do more!
The sum of the 2 dice determines the activity you do.*

Roll 2 ~ 100 Jumping Jacks

Roll 3 ~ 20 Push-Ups

Roll 4 ~ 30 Sit-Ups/ Curl-Ups

Roll 5 ~ 25 Squat Jumps

Roll 6 ~ 30 sec. Jog in Place

Roll 7 ~ 10 Burpees

Roll 8 ~ 35 Squats

Roll 9 ~ 40 Arm Circles

Roll 10 ~ 20 Push-Ups

Roll 11 ~ 30 Sit-Ups/Curl-Ups

Roll 12 ~ 50 Jumping Jacks