

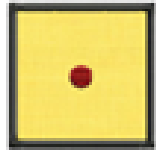


Roll the Dice

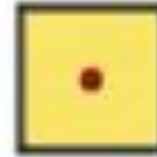


WORKOUT

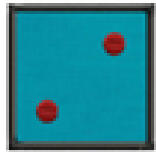
Directions: Set a timer for 20 minutes & start rolling 1 or 2 dice. Match your roll with the key below.



= 25 mountain climbers



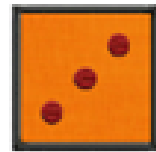
= 6 sky jumps



= 10 push-ups



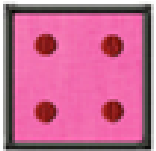
= 4 burpees



= 2 min. water break



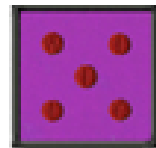
= 2 min. water break



= 20 crab kicks



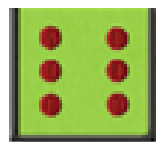
= 16 ski machines



= 20 tic-tocks



= 10 jumping jacks



= 10 shoulder touches



= 25 Bicycles