Today’s Workout: **Fit Dice**
Focus: Endurance (30 minutes)

**Warm Up:**
Squat with Twist, March in Place, Jog in Place, Butt Kicks, Arm Circles

- The dice will tell us the exercise we are doing.
- We will do 3 - 10 minute rounds with 30 second breaks between exercises

  - 1 = 30 Mountain Climbers
  - 2 = 30 Jumping Jacks
  - 3 = 1 Minute Plank or Curl Ups (Your Choice)
  - 4 = **Quick Feet 30 seconds**
  - 5 = 30 Power Punches
  - 6 = 20 Ski Jumps

**Cool Down:**
Lunging Walk, Cross Arm Stretch, Upper Arm Pull, Body Fold, Calf Stretch