



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