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

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

- The dice will tell us the exercise we are doing.  
- We will do 3 - 12 minute rounds with 30 second breaks between exercises

  o 1 = 20 Mountain Climbers  
  o 2 = 20 Jumping Jacks  
  o 3 = 1 Minute Plank  
  o 4 = **Quick Feet 30 seconds**  
  o 5 = 20 Power Punches  
  o 6 = 10 **Side Shuffles**

**Cool Down:** Shoulder, Lats, Hip Hinge, Lunge, Child Pose