



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

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