

Setup



- Prepare a list of exercises on a large piece of chart paper.
- Display the list so participants can refer to it throughout the session.
- Participants pair up.
- Play fun, popular music throughout to increase participation and motivation.

Activity Instructions

- Participants take turns rolling the two dice. Since they are rolling two dice a one will never be rolled.
- The number on the dice will dictate which exercise to perform.
- Try to perform each exercise before time is up.
- Emphasize proper technique.

Exercises

If a participant rolls a:

2. Run a lap
3. Lunges - 10
4. Wall sit – 30 seconds to 1 minute
5. Plank – 30 seconds to 1 minute
6. Run through agility ladder – 5 times
7. Skip rope – 1 minute
8. Box Jumps - 5
9. Squats - 20
10. Butt kicks on the spot - 30
11. High knees on the spot – 30
12. Mountain climber on the spot - 30