

Dice is Right™

ROLL - A

Roll a 2: 5 Push-ups

Roll a 3: 15 Sit-Ups

Roll a 4: 15 Squats

Roll a 5: 20 Mountain Climbers

Roll a 6: 10 Burpees

Roll a 7: 25 Jump Ropes

Roll an 8: 20 Lunges

Roll a 9: 30 Ski Jumps

Roll a 10: 20 Plank Shoulder Touches

Roll an 11: 50 Jumping Jacks

Roll a 12: 30 High Knees

