



D I C E

F I T N E S S

Number on dice represents which exercise to perform.
 Colored boxes represent number of reps or seconds (indicated by *).
 The higher the number on dice, the harder it gets!

	10	20	30	40	50	60
	1	2	3	4	5	6
1						
2						
3						
4						
5						
6						



F I T N E S S

G A M E S

Use this guide to identify which exercises go with each picture.

EXERCISE	SYMBOL
Arm Punches	
Arm Rotations	
Bicycle Crunch	
Boxer Bounce	
Burpees	
Butt Kicks	
Chest Stretch	
Crab Push-Ups	
Crunches	
Drink Water	
Half Turn Jumps	
High Kicks	

EXERCISE	SYMBOL
High Knees	
Ice Skaters	
Jog In Place	
Jump Ropes	
Jumping Jacks	
Lunges	
March In Place	
Mountain Climbers	
Plank	
Push-Ups	
Quad Stretch	
Rows	

EXERCISE	SYMBOL
Saddle Stretch	
Shuffle Taps	
Side Lunge	
Sit ups	
Skier Jumps	
Skips	
Squats	
Star Jumps	
Toe Touches	
Tricep Dips	
Tuck Jumps	
Wall Sits	