

#SAFERATHOME WORKOUT

Roll the Dice • 3 Rounds

The number you roll, is the number you do!

1 minute rest between rounds

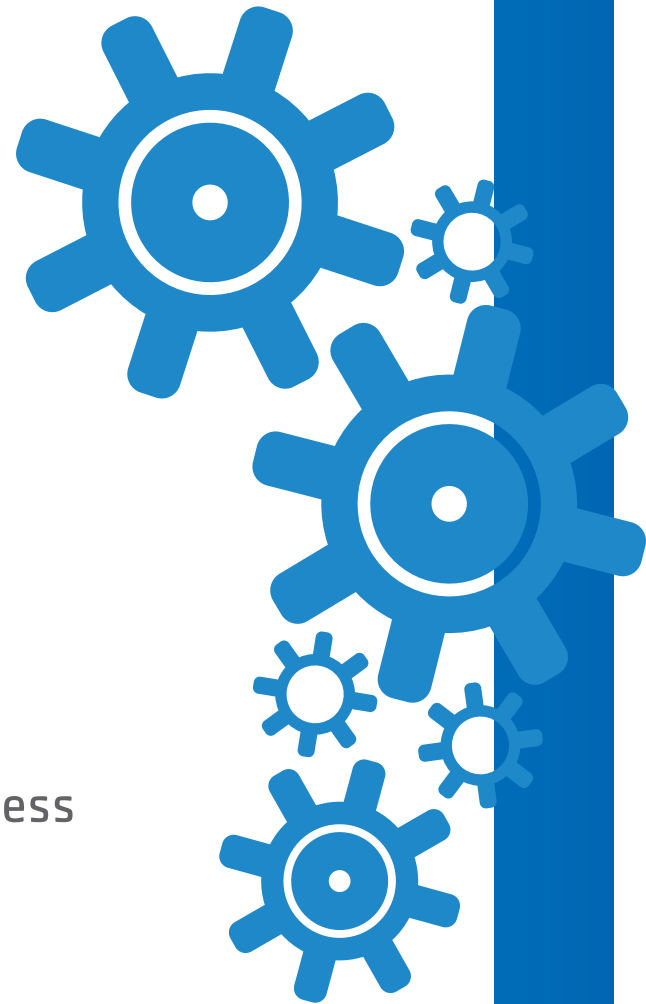
ROLL 2 DICE FOR EACH EXERCISE

1. Squat Jumps
2. Reverse Crunch Toe Taps
3. Burpee with Push Up
4. Curtsy Lunge
5. Lateral Plank Walk

Modified Version

ROLL 1 DICE FOR EACH EXERCISE

1. Squats
2. Knee Raises
3. Squat Bicep Curl to Overhead Press
4. Rear Lunges
5. Supermans



Courtesy of Y Group Fitness Instructor, Jodeen.
Questions? Email fitness2@ymcajanesville.org.