Dice Game

Equipment – 1-3 dice

Rules – This math/physical activity game is fun for all! All you do is preselect what exercise to complete. Then, before you roll the dice, everyone playing must select odds or evens. Roll the dice, add them up, and depending on what the total is, someone is going to complete the exercise.

Exercise ideas – situps, pushups, lunges, squats, burpees, mountain climbers, stretches, jumping jacks, high knees, butt kickers, invisible jump rope, wall sits, etc.