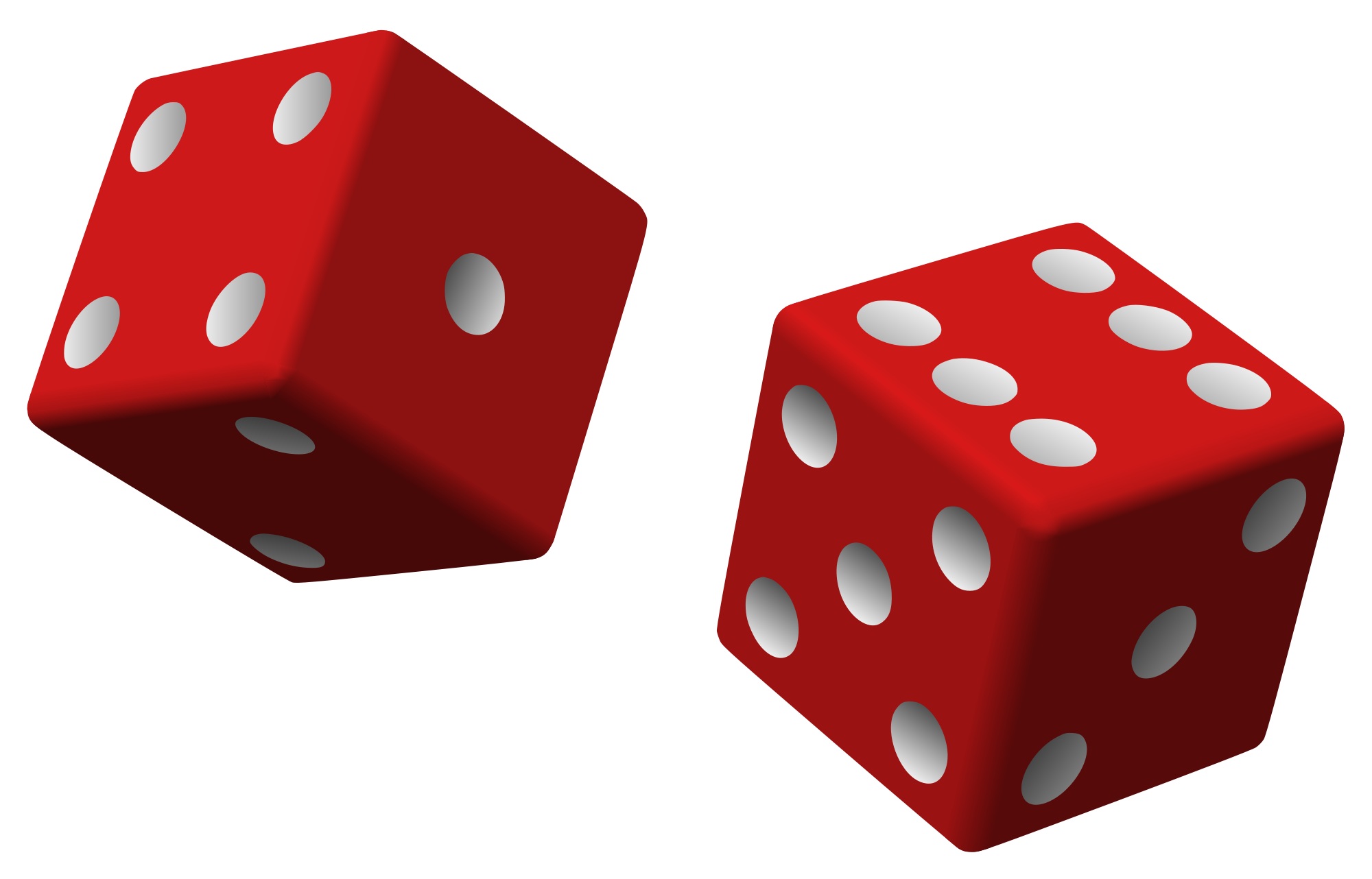
|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **1** | **2** | **3** | **4** | **5** | **6** |
| **1** | 20 Crab Toe Touches | 20 Second Plank | 20 Plank Jacks | 20 Jumping Jacks | 6 Frog Jumps | 15 Knee Tucks |
| **2** | 10 Walk Outs | 20 Mountain Climbers | 10 Plank Kicks | 20 Second Plank | 10 Full Sit Ups | 20 Crab Kicks |
| **3** | 8 Burpees | 20 Elbow to Knees | 10 Squat Jumps | 1 lap Heel Kickers | Skip 1 Lap | 15 seconds each arm |
| **4** | Bended-Yoga  15 seconds | 15 Seconds | 20 Ab Twists | 15 Seconds Each Arm | 10 Push Ups | Jog 2 laps |
| **5** | 10 lunges each leg | 15 Seconds each side | 20 Arm Circles | 10 Wacky Jacks | 20 High Knees | 20 Skater Jumps |
| **6** | 15 seconds | 15 Seconds Bridge | 15 seconds each leg | 15 Seconds each leg | 15 seconds | 15 Seconds each arm |

Roll

the Dice

Fitness

Warm-Up

\*\*Print and laminate as many warm up sheets needed in your class to have 2-4 students in a group\*\*

Instructions:

1. Each group receives a warm up sheet and TWO dice.
2. The first roll will be for the COLUMN (Left to Right), the second roll will be for the ROW (up and down). For example. If I roll a 4 then a 2, our group would perform a 20 second fore arm plank. (I typically give each group two different colored dice)
3. Each student should take turns rolling the dice.
4. Warm up activity lasts 5-8 minutes (totally up to you!)