

# FITNESS ROLL THE DICE

Have 2 or 3 die. Designate one die to exercises, and the rest to reps (or reps and sets). Rest between rolls and take turns rolling for a predetermined amount of time. Use these games or swap out the exercises/reps/sets as desired!

## Game A (2 die)

<u>Dice A</u>	<u>Dice B</u>
1- Squats	1- 2 reps
2- Push ups	2- 4 reps
3- Lunges	3- 6 reps
4- Sit ups	4- 8 reps
5- Jumping Jacks	5- 10 reps
6- Burpees	6- 12 reps

## Game B (3 die)

<u>Dice A</u>	<u>Dice B*</u>	<u>Dice C</u>
1- Squats	1- 1 set	1- 1 rep
2- Push ups	2- 2 sets	2- 2 reps
3- Lunges	3- 3 sets	3- 3 reps
4- Sit ups	4- 4 sets	4- 4 reps
5- Jumping Jacks	5- 5 sets	5- 5 reps
6- Burpees	6- 6 sets	6- 6 reps

\*rest after each set

# FITNESS DECK OF CARDS

Apply an exercise to each suit and use the numbers as reps. Work through the deck until finished or set a time cap! Feel free to do bodyweight or add in your favorite piece of equipment

## Lower Body

Heart- Squats  
Diamond- Lunges  
Spade- Glute Bridges  
Club- Lateral Lunges

## Full Body

Heart- Squats  
Diamond- Lunges  
Spade- Push-ups  
Club- Supermans

## Upper Body

Heart- Push ups  
Diamond- Supermans  
Spade- Sit ups  
Club- Inchworms

## Cardio

Heart- Burpees  
Diamond- Speed skaters  
Spade- Jump squats  
Club- High Knees

# Animal Movement Workouts

Every Minute on the Minute\* x 3 rounds (21 minutes total).

Minute 1- Frog Hops

Minute 2- Bear Crawl

Minute 3- Cheetah Runs (high knees)

Minute 4- Inchworms

Minute 5- Duck Walk (squat walk)

Minute 6- Crab Walk

Minute 7- Starfish Abs (lay on back then crunch hands to feet)

\*Start each exercise at the beginning of the minute for as many reps as possible until the next minute begins, then switch to following exercise.

Rest as needed. Adjust rounds to change length of workout.

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## Circuit

Complete all rounds of each circuit before moving on to the next.  
Adjust rounds or times as needed.

### Circuit 1- 3 rounds

30s Frog Hops

30s Bear Crawls

30s rest

### Circuit 2- 3 rounds

30s Cheetah runs

30s Inchworms

30s rest

### Circuit 3- 3 rounds

30s Duck Walk

30s Crab Walk

30s Starfish Abs

30s rest

^16 minutes total

# **Backyard Games Stations**

Set a timer to know when to rotate OR have one station dictate the length of work ( for example, the bucket fill).

Station 1- Jump Rope

Station 2- Hop Scotch

Station 3- Water bucket transfer\* (walk, jog, or lunge)

Station 4- Wall balls with a bouncy ball

Station 5- Soccer ball toe taps

Station 6- Hula hoop

Station 7- Zigzag Cone Shuffle

Station 8- Mini hurdles

Station 9- Agility Ladder

Station 10- REST

30 seconds at each station. Repeat 2-3 rounds

\*2 buckets 10+ yards apart, one filled with water and must transfer water with a cup per method of choice

# Relay Workouts

## Round Robin Style (better for smaller families 4 or less)

Everyone does exercise A, while each person takes turns doing “x” reps of exercise B.

\*Mix it up and choose different exercises/reps/rounds

### Rounds 1+2

Exercise A- Lunges

Exercise B- 10 Push ups

### Rounds 3+4

Exercise A- Squats

Exercise B- 10 burpees

### Rounds 5+6

Exercise A- Plank Hold

Exercise B- 20 Bicycle Crunches

### Rounds 7+8

Exercise A- Wall-sit

Exercise B- 20 Jumping Jacks

### Rounds 9+10

Exercise A- Inchworms

Exercise B- 30 High Knees

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## Team Style (better for large families 5+)

Team 1 does exercise A continuously WHILE

Team 2 does “x” reps or time of exercise B

Then switch for “y” rounds

### Rounds 1-3

Exercise A- Squats

Exercise B- 10 Inchworms

### Rounds 4-6

Exercise A- Jumping Jacks

Exercise B- 10 Push ups

### Rounds 7-9

Exercise A- Plank Hold

Exercise B- 20 Lunges

### Rounds 10-12

Exercise A- Sit ups

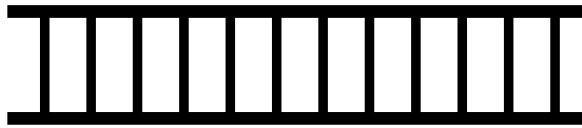
Exercise B- 10 Burpees

\*Adjust exercises/reps/rounds as desired

# Outdoor Obstacle Course

\*Best for older kids and teens

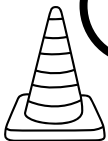
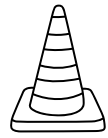
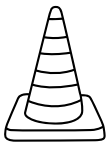
Directions: 1 person completes course at a time. Have everyone else wait in line either resting or doing exercise of choice until their turn.



3 Agility Ladder

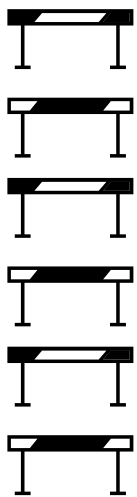
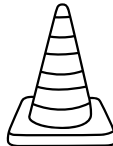
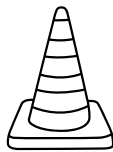


4 2 x 4 Balance Beam



2

Cone Shuffle



1 Mini Hurdles

1



5

Bear Crawl or Lunge or  
Sprint or Inchworm

