

# Dice Challenge!



Roll the dice and see what exercise you need to do!

- 1- 20 star jumps
- 2- 20 seconds run on the spot
- 3- 15 squats
- 4- 15 lunges
- 5- 10 burpees
- 6- 20 seconds high knee run

Can you add your own challenges for each number?

What is your favourite exercise?

Which one did you find the easiest/hardest?