

U-ExCEL Dice Workout Week #14

Need 2 Dice to complete workout. Exercise for the time you wish to or try to roll each number and perform each exercise. Have fun!!

Roll a 2 – Weight Swing (15 repetitions)

Roll a 3 – Sit to Stands (20 repetitions)

Roll a 4 – Bicep Curl + Cross (15 repetitions)

Roll a 5 – Toe Touches (15 repetitions)

Roll a 6 – Row Boat (for 1 minute!!)

Roll a 7 – Jumping Jacks (1 minute)

Roll an 8 – Clamshell (15 repetitions each leg)

Roll a 9 – Overhead Press (12 repetitions)

Roll a 10 – Heel Drag (12 Repetitions each leg)

Roll an 11 – Dying Bug (20 each opposite hand + leg)

Roll a 12 – Flamingo Balance Stance (1 minute each leg!!)