

# Exercise Dice Exercise List

Add the numbers from two rolled dice.

If You Roll:	Exercise	Number of Reps:
2	Jumping Jacks / Jumping Jack Arms	15
3	Windmills	15
4	Chest openers	20
5	Quick Feet / Chair Pushes	10
6	Skier Arms	15
7	Waist Bends	10
8	Boxing Punches	20
9	Jab Cross Overs	20
10	Chest Press to Scapula Squeeze	10
11	Speed Bicep Curls	20 seconds
12	Plank / Chair Raise Hold	20 seconds