

		Color Dice					
		1	2	3	4	5	6
W h i t e D i c e	1	10 Sit-ups	20 Crab Kicks	10 Tummy Slaps	20 Jumping Jacks	20 Shoulder Touch Push-Ups	15 Jump Ropes
	2	3 Coffee Grinders each arm	10 Low Five Push-Ups	10 Curls	5 Lunges Each Leg	20 Jump Ropes	20 Crab Kicks
	3	10 Crab Kicks	10 Squats	10 Jumping Jacks	20 Second Plank	15 Sit Ups	20 Second Plank
	4	5 Lunges Each Leg	10 Curls	10 Crab Kicks	3 Coffee Grinders Each Arm	20 Low Five Push Ups	10 Squats
	5	10 Tummy Slaps	20 Jump Ropes	25 Jump Ropes	30 Jumping Jacks	10 Curls	5 lunges Each Leg
	6	10 Jumping Jacks	10 Shoulder Touch Push-Ups	20 Second Plank	15 Low Five Push-Ups	10 Squats	20 Tummy Slaps

	1	2	3	4
1				
2				
3				
4				
5				
6				

5	6

COLOR DIE							
	1	2	3	4	5	6	
TE	1	10 SIT-UPS	10 CRAB KICKS	10 TUMMY SLAPS	10 JUMPING JACKS	10 SHOULDER TOUCH PUSH-UPS	10 JUMP ROPE
	2	3 COFFEE GRINDERS EACH ARM	10 LOW FIVE PUSH-UPS	10 CURLS	5 LUNGES EACH LEG	10 JUMP ROPE	10 CRAB KICKS
	3	10 CRAB KICKS	10 CURLS	10 JUMPING JACKS	10 JUMPING JACKS	10 SIT-UPS	3 COFFEE GRINDERS EACH ARM
	4	5 LUNGES EACH LEG	10 SIT-UPS	10 JUMP ROPE	3 COFFEE GRINDERS EACH ARM	10 LOW FIVE PUSH-UPS	10 CRAB KICKS
	5	10 TUMMY SLAPS	10 JUMP ROPE	10 CRAB KICKS	10 CURLS	10 JUMPING JACKS	5 LUNGES EACH LEG
	6	10 JUMPING JACKS	10 LOW FIVE PUSH-UPS	10 SIT-UPS	10 LOW FIVE PUSH-UPS	3 COFFEE GRINDERS EACH ARM	10 TUMMY SLAPS