

# FIT DICE

Roll the dice to determine which exercise you do, then roll again to find out how many of each exercise you need to do. Repeat. Instead of a dice, you could quickly write numbers on bits of paper.

By: Mike Ginicola  
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Choose either Fit Dice exercise page to complete or do a bit on both. Try and take a photo or video and upload it on dojo. Enjoy getting fit.

# FIT DICE

By: Mike Ginicola @PhysEdDepot

Roll the 2 die/dice to determine which exercise you do, then roll again to find out how many of each exercise you need to do. Repeat.  
Instead of 2 die/dice, you could quickly write numbers 2-12 on bits of paper.



2



4



3



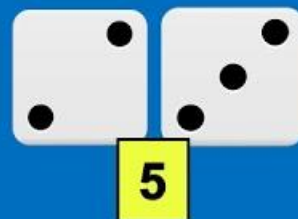
3



4



4



5



3



6



4



7



3



8



2



9



2



10



3



11



3



12



2