



Roll It Fitness - Paired game - Roll the dice and answer the question – Cross it off in your colour – The person with the most crosses win.

						
	1-minute plank	10 Star Jumps	10 Squats	10 Sit Ups	10 Push Ups	10 Spotty Dogs
	10 Punches	10 Lunges Left Leg	10 Crunches	10 Kicks Right Leg	10 Mountain Climbers	10 Leg Raises
	10 Squat Jumps	1-minute running on the spot.	10 Push Ups	10 Spotty Dogs	1 Minute Rope Climb	10 Bicycle Kicks
	10 Kicks Left Leg	10 Lunges Left Leg	10 Spotty Dogs	10 Squat Jumps	1-minute running on the spot.	10 Punches
	10 Lunge Jumps	10 Crunches	10 Lunges Right Leg	1-minute plank	10 Mountain Climbers	10 Burpees
	10 Sit Ups	10 Squat Jumps	10 Squat Jumps	10 Star Jumps	10 Burpees	10 Punches

