



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### 7/11/DOUBLES DICE WORKOUT

EQUIPMENT: MAT, 2 DICE, TIMER

HOW TO PLAY: ROLL 2 DICE (OPTION TO ROLL DICE INTO A CONTAINER). WHEN YOU ROLL A SUM THAT EQUALS 7, 11 OR DOUBLES, COMPLETE THE EXERCISE AND CHECK THE BOX. KEEP GOING UNTIL ALL THE BOXES HAVE BEEN CHECKED. EXAMPLE- IF YOU ROLL A 6 AND 1, COMPLETE 7 PUSH-UPS.

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## Seven

- 6+1 \*7 Push-ups**
- 5+2 \*7 Leg Lifts**
- 4+3 \*7 Squat Jumps**

## Eleven

- 5+6 \*11 Burpees**

## Doubles

- 1+1 \*1 minute plank**
- 2+2 \*20 High Knees**
- 3+3 \*30 Line Jumps**
- 4+4 \*40 Skaters**
- 5+5 \*50 Butt Kickers**
- 6+6 \*60 Jumping Jacks**

