

Dice Workout

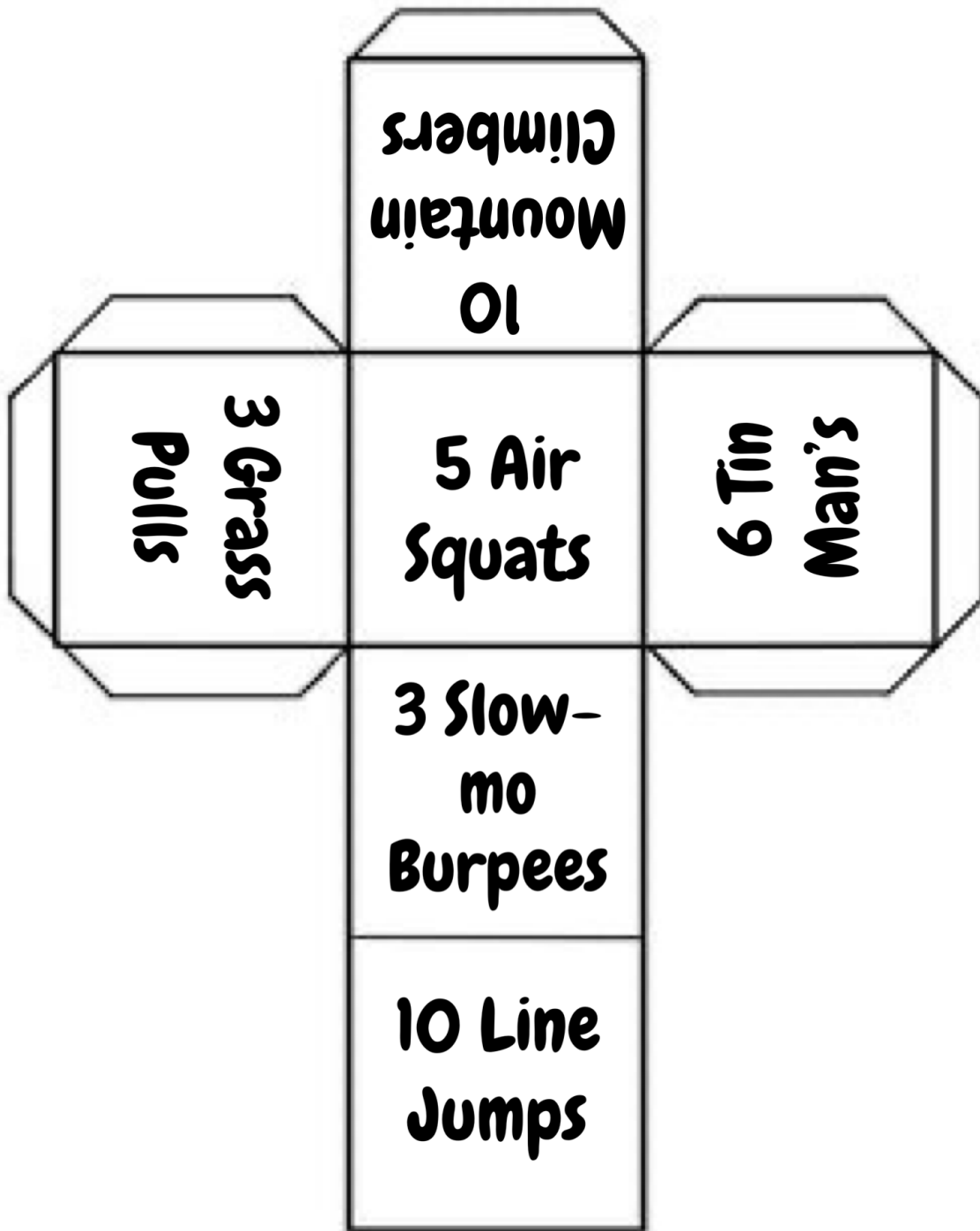
How to play:

- 1. Cut out around the outside edges of the dice. Assemble the dice by folding at the creases and taping or gluing it together.**
- 2. Set a timer for 10–12 min. Roll the dice and perform the exercise that lands on the top. Continue until your timer goes off.**

How many exercises can you do before the timer goes off?



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Exercise Dice

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