Dice Challenge

Week 3 TNT

You will need 2 dice. If you only have one, that's OK...you can just roll it twice. The first die will tell you what TYPE of exercise you will do and the second die will tell you HOW MANY reps you will do. You can also go to www.random.org/dice/ and it will automatically roll the dice for you.
Every time you roll BOTH dice and complete that action, that's one roll of the dice. Hint: Roll the dice the night before or the morning of your TNT and write down what you rolled and do throughout the day OR get the kids involved with this TNT. The little ones like to roll the dice for you! There is no limit to the number of times you can roll the dice.
Your GOAL for 10 points is to roll 100 pairs. We can do it!!!

Remember to do your warmup and cool down!

If you roll a...	Then you will do...	Total # of rolls...
1	Arm reps (your choice): multiply the number on the second die by 2 if the exercise is one arm at a time.	
2	Core reps (your choice): this is the number of reps you will do.	
3	Leg reps (your choice): multiply the number on the second die by 2 if the exercise is one leg at a time.	
4	Side steps (with a little squat action): multiply the number on the second die by 2, this is the number of reps you will do.	
5	March (or jog) in place (high knees): multiply the number on the second die by 30 seconds, this will be the amount of time you march in place.	
6	Sips of water, equal to the number on the second die.	
	Total # of rolls to record on tracking thread:	