

W11689 Cardio Fitness Dice

How to Use: Roll both dice. Perform the exercise that ends up on the top of the dice for as long as possible up to the number of seconds shown on the second dice (15, 30, 45, 60 or 90 seconds)

Exercise Instructions

Power Skip - Raise the right knee up towards the hip while reaching your left arm overhead. Land on the ball of your left foot, and then alternate the skipping motion with the opposite arm and leg.

Inchworm (Push-Up) - Stand tall, and bend over until your fingertips are on the floor. Next, walk the hands forward while keeping the legs straight until you've reached a traditional push-up position. Do the push up and finish off the move by taking tiny steps to get your feet back up to your hands.



Climb(er) - Start down on your hands and knees, and bring the right foot forward to the chest while the left leg remains straight. Engaging the core, quickly switch legs, alternate which leg is forward and keep the rhythm going at a quick pace.



Squat (Bodyweight Squat) - Begin standing with your feet slightly wider than hip-width and your toes turned out slightly. Keep your chest lifted and your chin parallel to the floor, as you lower your hips. Your knees will bend and will start to shift forward slowly. Try to prevent your knees from traveling too far forward past the toes. Continue to lower yourself until your thighs are parallel or almost parallel to the floor. Once your thighs are parallel to the floor, pause for a beat and slowly raise yourself back up to your original standing position. Keep your heels flat on the floor and your feet from moving at all throughout the exercise. Try to inhale on the way down and exhaling while exerting on the way back to the initial standing position.



Burpee - Start in a low squat position with your hands on the floor. Then, kick your feet back to a push-up position and quickly return to the squat position. Last step - Jump up as high as possible before squatting down again and jumping back into the next push-up position.

Squat Jump - Perform a normal bodyweight squat (keeping the heels on the ground while bending the hips and knees until the thighs are parallel to the floor). Jump up immediately at the bottom of the squat and extend your arms overhead.

