

# THE CHALLENGING DICE



## HOW TO PLAY:

1. WARM UP.
2. THROW A DICE, THEN, FIND THE FIRST NUMBER ON THE BLUE LINE.
3. THROW THE DICE AGAIN, FIND THE SECOND NUMBER ON THE YELLOW LINE.
4. DO THE CHALLENGE YOU FIND IN THE BOX. DON'T GIVE UP!
5. THE NEXT PERSON MUST DO THE SAME.
6. DON'T FORGET TO STRECH!



## BASIC PHYSICAL ABILITIES







THE AIM OF THE  
GAME IS TO  
WORK ON OUR 4  
BASIC PHYSICAL  
ABILITIES.

STRENGHT

FLEXIBILITY

SPEED

ENDURENCE

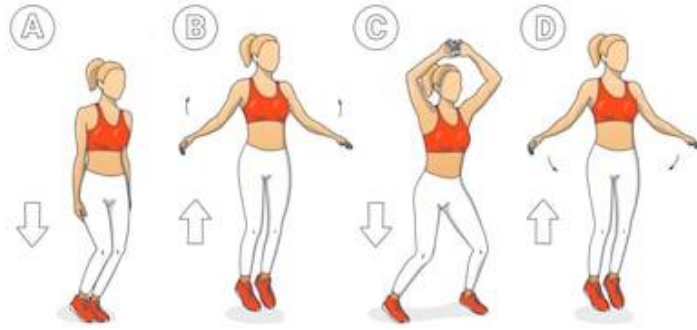
 FIRST DICE → SECOND DICE ↓	1	2	3	4	5	6
1	5 SQUATS	15 JUMPING JACKS	20 SECONDS PLANK 1	20 SECONDS TREE YOGA POSE	20 SIDE TO SIDE JUMPS	YOU CAN CHALLENGE SOMEBODY TO DO SOMETHING
2	DRINK WATER 	10 LUNGES SWAPING LEGS	2 MINUTES FOOTING ON THE SPOT	10 SITS UP	10 SQUATS	15 SECONDS PLANK 2
3	2 MINUTES FOOTING ON THE SPOT	15 SECONDS PLANK 3	DRINK WATER 	30 SECONDS BOAT YOGA POSE	10 LUNGES SWAPING LEGS	10 TOUCH THE FLOOR AND JUMP UP
4	15 TOUCH THE FLOOR AND JUMP UP	YOU CAN CHALLENGE SOMEBODY TO DO SOMETHING	15 SITS UP	20 SIDE TO SIDE JUMPS	30 SECONDS PLANK 1	DRINK WATER 
5	15 SECONDS PLANK 2	DRINK WATER 	25 JUMPING JACKS	SITS UP	20 SIDE TO SIDE JUMPS	35 SECONDS CAMEL YOGA POSE
6	40 SECONDS TREE YOGA POSE	8 SQUATS	10 TOUCH THE FLOOR AND JUMP UP	40 MINUTE PLANK 3	DRINK WATER 	2 MINUTES FOOTING ON THE SPOT

**SQUATS**



**JUMPING JACKS**

**JUMPING JACKS**



**SIT UP**



**SIDE TO SIDE JUMPS**



**PLANK 1**



**PLANK 2**



**PLANK 3**



**LUNGE**



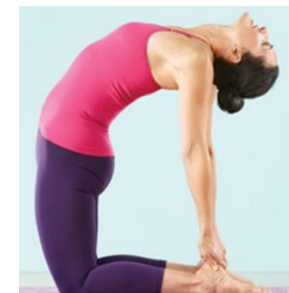
**TREE YOGA POSE**



**BOAT YOGA POSE**



**CAMEL YOGA POSE**



# STRETCHING ROUTINE

