

ROLL INTO FITNESS

GAME GUIDE



Materials:

Dice (one per player)

Setup:

Print and distribute the activity cards to each player. Some players may have the same card.

Solo Play:

Select an activity card and roll the dice. Match the number on the dice to the fitness movement listed on the card, then perform that movement for 30 seconds. Once each number has been rolled, pick a new activity card and continue playing.

Group Play (two or more players):

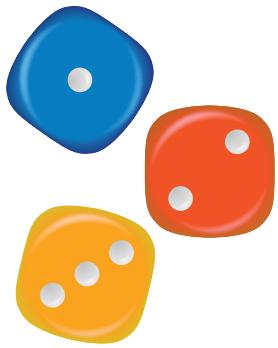
Players take turns rolling a dice. After each roll, the player should match the number on the dice to the fitness movement listed on their card, then perform that movement for 30 seconds. Play five rounds, then switch activity cards with your partner or another player in the group, and play another five rounds.

Double Dice (two or more players):

Players take turns rolling both dice. After each roll, the player should match the numbers on the dice to the fitness movements listed on their card, then perform both movements for 30 seconds each. If a player rolls doubles, their partner or another player of their choosing must perform the fitness movement. Play five rounds, then switch activity cards with your partner or another player in your group, and play another five rounds.

ROLL INTO FITNESS

VIDEO REFERENCE SHEET



Instructions: Click a fitness movement below to view a short demo video of how to perform the movement.

Air
Drumming

Calf
Raises

Ice
Skaters

Push Ups

Speed
Hand Walks

Air
Jump Rope

Crab
Toe Touch

Inch
Worms

Seal
Jacks

Spider
Lunges

Air
Punches

Duck
Walk

Kickouts

Seated
Heel Drops

Squat
Jumps

Bridge
Pose

Flamingo
Stretch

Mountain
Climbers

Shoulder
Taps

Twists

Butt
Kickers

High
Plank

Plank
High 5's

Seated
Flutter Kicks

Side
Lunges



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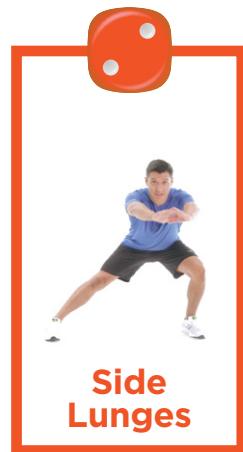
ROLL INTO FITNESS

ACTIVITY CARD

Instructions: Roll a dice to determine which fitness movement to perform for 30 seconds. Click a fitness movement below to view a short demo video of how to perform the movement.



Butt
Kickers



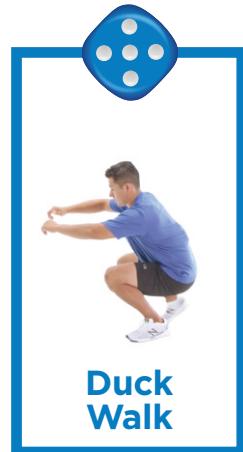
Side
Lunges



Seal
Jacks



Squat
Jumps



Duck
Walk

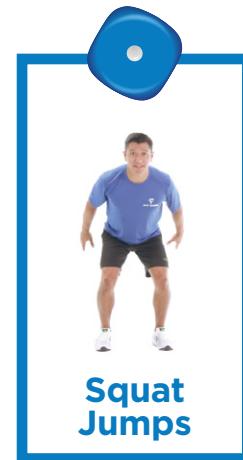


Calf
Raises

ROLL INTO FITNESS

ACTIVITY CARD

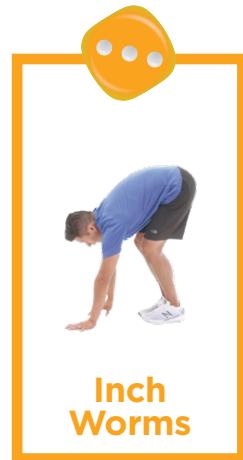
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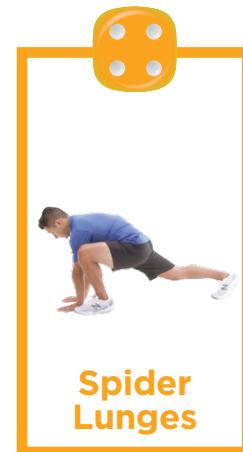
Squat
Jumps



Shoulder
Taps



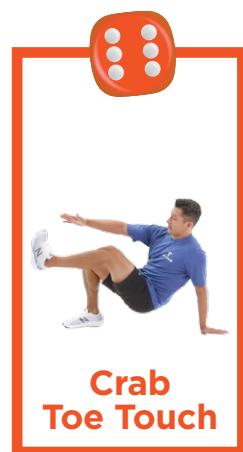
Inch
Worms



Spider
Lunges



Air
Jump Rope



Crab
Toe Touch



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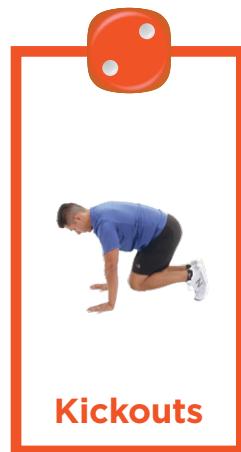
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ACTIVITY CARD

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Seated
Heel Drops



Kickouts



Mountain
Climbers



Speed
Hand Walks



Seal
Jacks

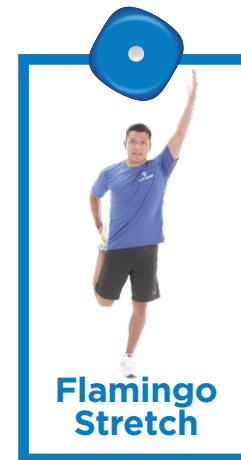


Air
Punches

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ACTIVITY CARD

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Flamingo
Stretch



Twists



Air
Drumming



Ice
Skaters



Plank
High 5's



Push Ups



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