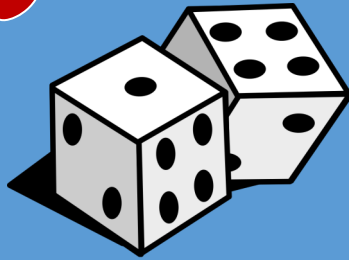


Roll of the Dice Workout!



All you need is two dice and some room to workout.

Set the timer for 20 minutes.

Let's Roll!!!

1 = 25 crunches

2 = 10 squats

3 = 10 push ups

4 = 1 minute wall sit

5 = 10 lunges

6 = water break

