



Covid-19 Dice Game



from Brandon Smith

This is a family game you can play indoors or outside at a park.

Needed: 1 set of dice, a sheet of paper, pen.

Rules:

Each person will get a chance to roll the dice each round. The first person who rolls has to do the exercise listed for that round. If he/she rolls an eight, they will have to do eight reps of that exercise. After each person rolls, they pass the dice to the next person. After everyone has rolled in that round you proceed to the next round.

- If you roll **Doubles**, perform twice the number on the dice.
- If you roll a 1 on each dice (snake eyes), the person on the left performs 5 reps of each exercise starting from the first round.
- If you roll a **7 or 11**, you pick someone in the group to do the exercise with you.
- If you roll a **4** the person on the right adds 10 more reps in the following round.

Winner:

The winner is the person who makes the group do the most work. So take notes when you have someone do more exercises.

Game:

Round 1	Push ups
Round 2	Body Squats
Round 3	Sit-ups
Round 4	Lunges (L/R)
Round 5	Knee Tucks (towel optional)
Round 6	Push up lateral walks (L/R)
Round 7	Russian Twist (LR)
Round 8	Drop squats
Round 9	Side Lunges L/R)
Round 10	Burpees
Round 11	Side Plank with toe taps
Round 12	Squat jumps