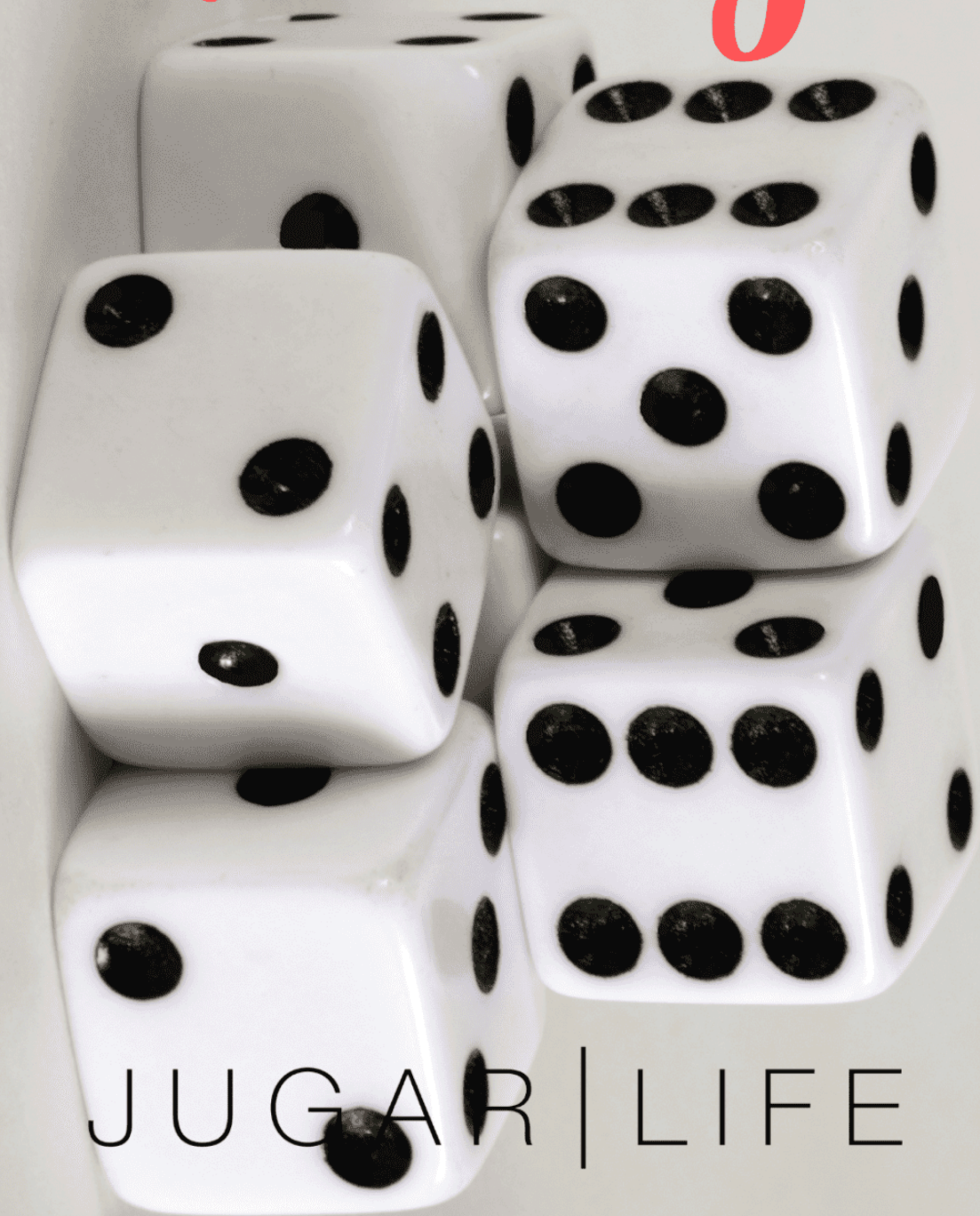


# THREE STEP DICE

## *Challenge*



JUGAR | LIFE

# THREE STEP DICE CHALLENGE

## INSTRUCTIONS

Using dice has proven to be a huge winner over the years in our fitness games, and this three-step challenge is no different. Before you start, you will need to make sure that each individual, pair or group depending on how you want to use this activity, all have the printed PDF and two six-sided dice.

Each of the three rounds is to be completed for five minutes in total. Recording how many full times you get through the six set movements. Each of the three rounds' set exercise movements has been selected to suit each round with different muscle groups being used. We have included a diagram of each movement to show how to perform this and a QR code video demonstrating the exercise.

At the end of the three separate rounds, players will have a total score. If you want to make it an overall competition, the player, pair or group with the highest score are the winners.

Here is how each round is played, and at the end of the day, it really does come down to how lucky you are when rolling the dice.

### Round One - Single Dice Round

Before starting the five minutes of exercise, players must roll a six-sided dice for each of the six movements. Whatever number they roll for each activity, that's how many reps they would need to complete for that exercise for the round. For example, if they roll a two for push-ups, a four for leg raises and so on. Each round, they would complete two push-ups, four leg raises and so on. The lower the number players roll on the dice, the faster they will achieve complete rounds for points for their team or individual score.

### Round Two - Two Dice Round

Instructions for this round are the same as the first round, except this time, individuals, pairs or teams are rolling two six-sided dice and adding the value together for the number of reps for each exercise they need to complete.

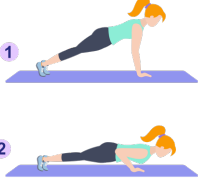

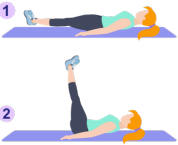

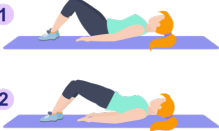




# THREE STEP DICE CHALLENGE

## Round Three - Final Challenge Round



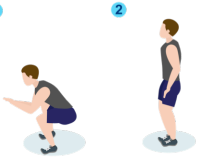
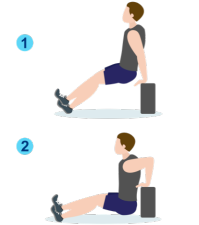



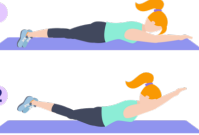



Instructions for this round are the same as the first two rounds. Except for this time, individuals, pairs or teams are rolling two six-sided dice and multiplying the value of the two dice together for the number of reps for each exercise they need to complete.

We have also included a blank template at the end of the PDF so that you can use the three different game formats for whatever fitness, sport or educational session you select. Good luck and enjoy our Three Step Dice Challenge.

# SINGLE ROLL ROUND

EXERCISE	VIDEO	EXERCISE	REPS
		PUSH UP	
		LEG RAISE	
		GLUTE BRIDGE	
		DONKEY KICK	
		180 DEGREE SQUAT JUMP	
		BURPEE	

# TWO DICE ROUND

EXERCISE	VIDEO	EXERCISE	REPS
		SIT UP	
		IN OUT SQUAT JUMP	
		DIP	
		LUNGE	
		REVERSE SIT UP	
		SQUAT THRUSTER	

# FINAL CHALLENGE ROUND

EXERCISE	VIDEO	EXERCISE	REPS
		BEETLE	
		MOUNTAIN CLIMBER	
		SUMO SQUAT	
		SHOULDER TAPS	
		RUSSIAN TWISTS	
		SKI JUMPS	

# BLANK GAME CARD

EXERCISE	VIDEO	EXERCISE	REPS