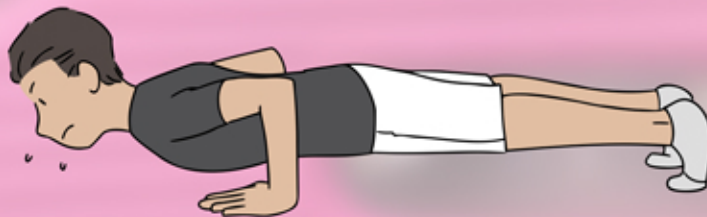


FITNESS DICE



GET ACTIVE



15 MINUTES



READY TO GO



GETTING INTO THE ACTIVITY

Keep fit and active during your time at home with a fitness plan that changes at the roll of a dice.

Decide how long your workout is going to last. We suggest at least 10-15 minutes. Then decide what workouts you'll do for each number on the dice. Our suggestion is: 1 - Press ups, 2 - Planks, 3 - Star jumps, 4 - Wall sits, 5 - Squats, 6 - Crunches.

You can make your own exercises up. You may also want to design it around your favourite sport such as football, rugby or boxing. You can find demonstrations of various exercises by searching YouTube for instructional videos.

Start the timer and roll the dice. The first roll tells you what action you need to do, the second roll tells you how long for / how many. E.g. 1 = 10 seconds or 10 sets, 2 = 20 seconds or 20 sets and so on. Once you've completed your exercise, roll the dice again to find out what you need to do next. Continue until your timer is complete. You could repeat this activity throughout the week.



WHAT YOU'LL NEED

- Dice



NOTES FOR PARENTS & CARERS

Record a video of the workout and share it with your BB group or post on social media using #BBatHOME. Be careful they do not overexert themselves. An adult should initiate any contact with the BB group and/or share on social media.