

Dice Roll Exercise

To do this exercise, all you need is a dice. Each number on the dice represents an exercise you will have to do.

- 1 = 1 Row Your Boat
- 2 = 2 Squats
- 3 = 3 Single Leg Hops
- 4 = 4 Elbow to Knee Crunch
- 5 = 5 Curl and Raise
- 6 = 6 Air Punches

