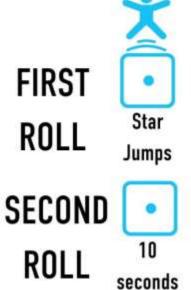
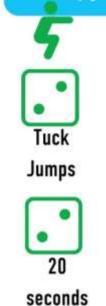


WEEKLY WARM UP: Roll the Dice

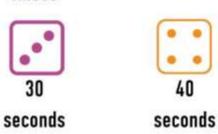


- Grab yourself a dice. If you do not have one, try making your own!
- . You will need to roll the dice twice.
- · First roll will determine what you must do. Second roll is for how long.
- · Keep going until you have completed every challenge!









Burpees



seconds

