

## **U-ExCEL Dice Workout Week #5**

Need 2 Dice to complete workout. Exercise for the time you wish to or try to roll each number and perform each exercise. Have fun!!

- Roll a 2 – Lunges w/towel (15 repetitions each leg)
- Roll a 3 – Seated Deadlift to Front Raise (1 weight, 20 repetitions)
- Roll a 4 – Hip Bridge w/towel (15 repetitions)
- Roll a 5 – Legs Raised + Reach Clap (15 repetitions)
- Roll a 6 – Tandem Walking (for 2 minutes!!)
- Roll a 7 – Lying Windshield Wipers (1 minute)
- Roll an 8 – Donkey Kicks (15 repetitions each leg)
- Roll a 9 – Overhead Press w/towel (15 repetitions)
- Roll a 10 – High Knees (1 minute)
- Roll an 11 – 40 Seated Skaters (20 each leg)
- Roll a 12 – Single Leg Balance (opposite arm and knee, 1 minute each side)