

AREA DICE

Challenge

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Area Dice Challenge

TIME:

10 – 20 minutes

INSTRUCTIONS:

“Let the Battle of Blocks begin”.

Two Participants per game card, each participant receives 2 six sided dice, two different coloured markers and a printed game grid -PDF attached below.

Player one starts at the top of the game grid, player two at the bottom. Both players roll their two dice. The numbers on the dice determine how many blocks on the grid card are coloured and shaped. For example, if player one rolls a 2 and 3, they would colour in a rectangle shape- 2 blocks x 3 blocks equals a total area of 6 blocks.

If player two rolled a 4 and 5, they would colour a rectangle shape- 4 blocks x 5 blocks equals a total area of 20 blocks. Once completed on the game card, they roll one six sided dice to complete corresponding exercise. The number of reps they need to complete is the total area of blocks they rolled for that turn. For example, player one would complete 6 reps, player two would complete 20 reps of corresponding exercise.

Once each player finishes their set exercises, they roll both dice again creating another shape on the game grid. Game time is determined either by a set time or until the game grid card is complete.

The winner of Area Dice Challenge is the participant with the most coloured block area.

Below is a blank game card to fill in for your chosen exercises.

Exercises for players

Dice rolls	Exercise to complete
One	Squats
Two	Lunges
Three	Push ups
Four	Squat thrusters
Five	Sit ups
Six	Plank jacks

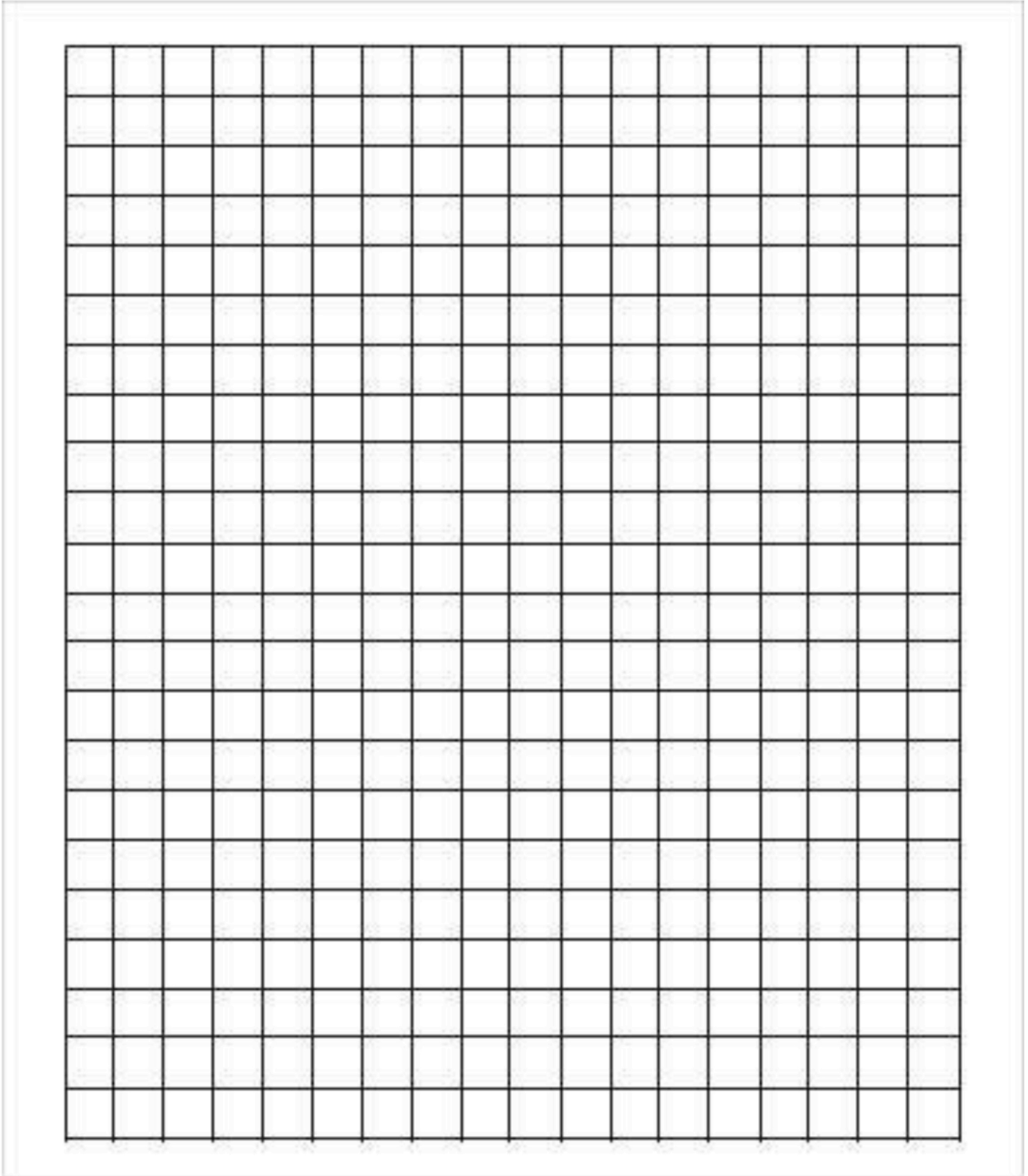
Area Dice Challenge

Blank game card

Dice rolls	Exercise to complete
One	
Two	
Three	
Four	
Five	
Six	

Area Dice Challenge

Player one starts this end



Player two starts this end

AREA DICE CHALLENGE

Dice rolls	Exercise too complete
One	
Two	
Three	
Four	
Five	
Six	

PLAYER ONE

A large grid for Player One's exercise, consisting of 20 columns and 20 rows of squares.

PLAYER TWO