

# First to 50



**What you need:** a dice and 1 or more players.

## How to play:

- Roll the dice and complete the action specified.  
1 = 1 x burpee. 2 = 2 x press ups. 3 = 3 x sit ups.  
4 = 4 x lunges. 5 = 5 x squats. 6 = 6 x star jumps
- Roll the dice again and add the number to your previous roll so that you keep a running total.
- Continue until you reach 50.
- Playing with someone else? Who can roll 50 first?
- Playing by yourself? How quickly can you roll 50?
- Make this harder by subtracting 5 when you roll a 5.

**Change the target number or exercises and play again.**

