

**Grid Fitness** - This is done with dice and a person.. Create a grid with the numbers 1 to 6 in a column and numbers 1 to 6 in a row. Come up with exercises to put in the squares or use our sample grid. Roll a die to get your first number and find that on the top row. Roll the die again to get your second number and find that on the column. Where the numbers meet on the grid perform that exercise. Do this until you have finished 10 exercises.

	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>1</b>	Five Jumping Jacks	Five Mountain Climbers	Five Burpees	Five Tuck Jumps	Five Squats	Five Seconds of high knees
<b>2</b>	One Burpee	One time up and down the stairs	Two 360 degree spins	Three jumps backwards	Two log rolls	Touch your toes eight times
<b>3</b>	Throw and catch a ball four times	Kick a ball once	Army crawl across the yard	Side bend five times each way	Add two numbers together and jump the answer	Subtract two numbers and whatever the answer is do that many burpees
<b>4</b>	Walk like an Elephant down the hall	Soar like an eagle across your yard	Inch worm down the hall	Four frog jumps	Gallop like a Horse across the grass	Bear walk around the house for ten seconds
<b>5</b>	Twenty jumping jacks	Ten Mountain Climbers	Throw and catch a ball nine times	March for fourteen steps	Run across the yard like an airplane	Butt kicks for ten seconds

6	Kangroo jump seven times	Get a drink of water	Touch your toes ten times	Skip in a step/hop pattern for ten seconds	Leap over two objects	Touch three trees
---	--------------------------	----------------------	---------------------------	--	-----------------------	-------------------