

A background image showing a close-up of playing cards and dice. In the foreground, a Jack of Spades card is clearly visible, showing the king's face. Behind it, a 5 of Diamonds card is partially visible. In the upper left, a blue die with the number 3 is visible, and in the upper right, a green die with the number 3 is visible. The cards and dice are scattered on a light-colored surface.

APEX NUTRITION

DICE & CARDS WORKOUT

Grab a dice and some cards and let's have fun!

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Play a game of chance with your workout. Let the dice and cards decide your workout.

Dice & Cards Bodyweight Circuit

Release Your APEX

Workout Description

This is a fun and challenging bodyweight and conditioning workout that can be performed solo, or with a group. All you need is a six-sided dice and a deck of cards.

Here's you the workout works:

1. **Roll a six-sided dice.** This determines which exercise you will perform from the chart below.
2. **Flip a card.** This tells you how many reps of each exercise you will perform.

If you roll one of the cardio exercises, multiple the card face by 10 seconds and this will determine how long you perform the conditioning work.

Rest. Don't take breaks in between each exercise. Roll the dice, flip a card and get after it. Keep your pace brisk. Once you have flipped over the entire deck your workout is over.

Cards

Cards	Reps
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
Jack	11
Queen	12
King	13
Ace	15
Joker	25

Dice Roll	Exercise
1	Jumping Jacks
2	Burpees
3	Push Ups
4	Squat
5	Lying leg raises
6	Tuck Jump

