

TEN OF A KIND

4

5

6



Ten of a Kind

Instructions

Objective:

It is a dice-rolling game where individuals or teams aim to roll ten dice to land on the same number. Each roll is accompanied by a specific movement or exercise, making the game both a test of luck and a physical challenge.

Players:

Playable individually or in teams, depending on the number of dice available.

Materials:


- Ten dice for each player or team.

Setup:

Distribute ten dice to each player or team.

Gameplay:


- Initial Roll: Players roll all ten dice.
- Matching Numbers: If any dice show the same number, they are set aside.
- Exercise Challenge: Players complete a specific movement or exercise based on the roll.
- Subsequent Rolls: Continue rolling the remaining dice, setting aside those that match the chosen number, and performing the corresponding exercises.
- Winning: The first player or team to have all ten dice show the same number wins.

- 
- Exercise List: Use the exercise list or create custom movements/exercises suitable for the group.


Winning the Game:

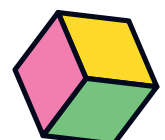
The first to align all ten dice on the same number is crowned the champion.

Variations for Different Settings:

- 
- Fitness Edition: Incorporate a variety of challenging physical exercises.
 - Children's Edition: Use more straightforward exercises and make the game more fun than competition.
 - Customisable Edition: Adapt the game with custom exercises and rules to suit the group's interests or focus.

Additional Notes:

- 
- Ten of a Kind is a simple yet engaging game that combines elements of luck with physical activity.
 - It encourages excitement and engagement among players, with the randomness of the dice rolls adding an element of unpredictability.
 - The game is versatile and can be easily adapted to different settings, age groups, and fitness levels.



Ten of a kind

Exercise list 1

Dice rolls	Allocated exercise
1	Star jumps
2	Sit ups
3	Push ups
4	Squats
5	Leg raises
6	Donkey kicks
7	Squat thrusters
8	Squat jumps
9	10 X 10 metre shuttle run
10	Burpees

Exercise list 2

Dice rolls	Allocated exercise
1	Jogging high knees
2	Reverse sit ups
3	Commandos
4	Sumo squats
5	Mountain climbers (X2)
6	Shoulder taps (X2)
7	Lunge jumps
8	Plank Jacks (X2)
9	10X10 metre shuttle run
10	Burpees

Blank game template

Dice rolls	Allocated exercise or movement
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	