

# TEN OF A KIND

1

4

1

5

1

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	