

# RUNNING *Dice*



# Running Dice

## Instructions

### Objective:

Running Dice is a team-based fitness game where participants roll a dice and perform exercises at designated stations based on the number rolled. The aim is to complete as many rounds as possible within a set timeframe, with each round increasing the number of repetitions.

### Players:

Playable in pairs or small teams of 3 to 4 members.

### Materials:


- A six-sided dice.
- Six markers or cones, each associated with a different exercise.

### Setup:

Set up a 'home station' with the dice. Place six markers or cones 20 meters away from the start line, each representing a different exercise.

### Gameplay:


- Dice Rolling: At the home station, participants roll the dice to determine which cone to run to.
- Exercise Execution: They run to the corresponding cone and perform one repetition of the assigned exercise.
- Increasing Repetitions: After returning to the home station and rolling again, the number of reps increases by one each round.

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- Continuous Play: The cycle of rolling, running, and exercising continues, increasing the reps with each round.

## Winning the Game:

While the game can be non-competitive, an optional goal is for teams to complete the most rounds in the allocated time.

## Variations for Different Settings:

- Fitness Edition: Choose a variety of exercises targeting different muscle groups.
  - Children's Edition: Use fun, age-appropriate exercises and shorter running distances.
  - Team Building Edition: Emphasise cooperation and encouragement within teams.
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## Additional Notes:

- Running Dice is an excellent game for promoting fitness, teamwork, and endurance.
  - It offers a blend of cardiovascular and strength training in a fun, game-like format.
  - The game is adaptable to different fitness levels and can be customised with various exercises.
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