

DICE *Combos*



Dice Combos

Instructions

Objective:

A partner-based game combining fitness challenges with strategic dice rolling. Teams aim to complete a series of exercises by rolling dice and accumulating points, with the goal of achieving the highest score within a ten-minute timeframe.

Players:

Played in pairs, suitable for any group size.

Materials:




- A six-sided dice for each player.
- A score sheet and pen for each pair.
- Exercise cards with corresponding points for different dice combinations.

Setup:

Distribute a dice, score sheet, and exercise cards to each pair.

Gameplay:


- Static Holds: Pairs start in a static hold position, rotating between different holds as they play.
- Rolling for Order: Teams aim to roll the dice to get numbers 1 through 6 in sequence, marking each number off their scorecard as they go.
- Point Station: Once a team completes the sequence to 6, they run 50 meters to the points station.

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- **Exercise and Scoring:** At the point's station, teams roll both dice to get a two-digit number, then complete the corresponding exercise for points. The number of reps equals the combined dice total, split between the two players.
 - **Strategy:** Pairs must decide whether to aim for higher reps (and more points) or lower reps for quicker completion.
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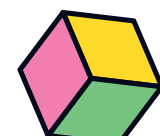

Winning the Game:

The pair with the most points wins at the end of the ten minutes.

Variations for Different Settings:

- **Fitness Edition:** Adjust the difficulty and type of exercises to match fitness levels.
 - **Children's Edition:** Use more straightforward exercises and shorter durations to keep it fun and engaging.
 - **Team Building Edition:** Focus on communication and cooperation, with pairs strategising to maximise their points.
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Additional Notes:

- Dice Combos is a dynamic and engaging game that encourages teamwork, physical activity, and strategic thinking.
 - The combination of fitness challenges and dice rolling adds a unique and fun element to the workout.
 - It's adaptable to different settings and can be modified for varying levels of physical ability.
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Static hold options

Plank	Side plank
Wall sit	V-Sit hold
Squat hold	Shallow rock hold

Dice Combos

Points station exercises

Dice combos	Exercise
2	Squats
3	Lunges
4	Sit-ups
5	Leg raises
6	Plank jacks
7	Push-ups
8	Dips
9	Sumo squats
10	Squat jumps
11	Squat thrusters
12	Burpees

Dice Combos

Dice combo game cards

Dice combos	Points per round
1 2 3 4 5 6	
6 5 4 3 2 1	
1 1 1 1 1 1	
2 2 2 2 2 2	
3 3 3 3 3 3	
4 4 4 4 4 4	
5 5 5 5 5 5	
6 6 6 6 6 6	
5 5 3 3 1 1	
2 2 4 4 6 6	
2 4 6 2 4 6	
1 3 5 1 3 5	
6 4 2 5 3 1	
2 3 2 3 2 3	
4 5 4 5 4 5	
1 6 1 6 1 6	