

HEALTH-RELATED TABATA DICE RACE

Set Up: 1 or more players can play this game. Each player has a Dice Race card and 2 dice. All players play their own card at the same time. Players can also play in teams of 2 or more. As a team, players would take turns rolling dice and complete all intervals together. Everyone is active, everyone is moving.

How to Play: The object of the game is to roll the numbers in order from left to right. Roll 2 dice. If you roll a 2, 3, or 9 — complete a Tabata interval of your choice within that number's category. For example, 9 is the first number in the coordination category. Choose a coordination interval, complete it, then roll again.

Continue in that way in all categories left to right. If you do not roll the next number in the sequence, roll again until you do. You cannot skip any numbers from left to right, each must be completed in order. However, you can complete intervals in any of the 3 type categories. This gives you 3 possible numbers with each roll of the dice.

TYPE	START							FINISH
Muscular Fitness	2	3	4	5	6	7	8	9
Aerobic Capacity	3	5	7	9	8	6	4	2
Full Body Blast	9	8	7	6	5	4	3	2

TABATA INTERVAL CHOICE BOARD				
Muscular Fitness	<u>Basic Push-Ups</u> (20 Seconds)	<u>Squats</u> (20 Seconds)	<u>Lunges</u> (20 Seconds)	<u>Scissor Arms</u> (20 Seconds)
Aerobic Capacity	<u>Just Jumps</u> (20 Seconds)	<u>Half Jacks</u> (20 Seconds)	<u>Seal Jacks</u> (20 Seconds)	<u>March Jacks</u> (20 Seconds)
Full Body Blast	<u>Burpees</u> (20 Seconds)	<u>Plank Jacks</u> (20 Seconds)	<u>Up & Down Planks</u> (20 Seconds)	<u>Climbers</u> (20 Seconds)