

SKILL-RELATED FITNESS

Challenge Activities

4-Minute Toss & Roll Race

[YouTube Video Demo](#)

Speed creates physical momentum just like enthusiasm creates emotional momentum. Your enthusiasm can carry you and the people around you toward success, joy, and an empowering future.

In this activity, you'll work for 4 minutes to build your heart rate into the heart health zone (120 – 180 BPM), and then you'll take 60 seconds to breathe in the success of your work and regulate your heart rate back under 120 BPM.

Space 2 cups 6 to 10 feet apart. On top of 1 cup, there is a die. On top of the other, there is a coin. Start by rolling the die. Add a zero on the end of the number you roll (3 becomes 30) and do that many jump rope reps (real or invisible). Place the die back on the cup.

Next, quickly move to the other cup and flip the coin. If it shows heads, do 25 speed-jacks (super-fast jumping jacks). If it shows tails, do 10 burpees.

Alternate between rolling and flipping for 4 minutes. When the time is up, check your heart rate. Did you make it into the heart health zone?

Next, practice equal breathing for 60 seconds to regulate your heart rate below 120 BPM.

Heart rate at the end of the race.	Heart rate AFTER equal breathing.

Toss & Roll Exercise Guide

Dice Exercise	Coin Exercises
JUMP ROPE REPS # on Die X 10 = Reps	HEADS = 25 Speed-Jacks TAILS = 10 Burpees

