

Jacks Flash

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The Goal:

To remove all 6 pieces of paper by rolling every number on a 6-sided die in 1 minute.

What You Need:

Timer / [Interval Music](#), 6-sided die, 6 pieces of paper (numbered 1-6)

How To Play:

- On the start signal, roll a 6-sided die and do that number of jumping jacks.
- Next, remove the piece of paper with the number that you rolled and repeat.
- If you roll the same number, you must complete the jumping jacks before rolling again, but you do not have to do anything with the piece of paper because it has already been removed.
- To succeed in this challenge, you must roll all numbers 1-6 before your 1-minute timer has expired.

Download or stream 1-Minute Challenge Music on [Apple Music](#) or [Spotify](#)



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