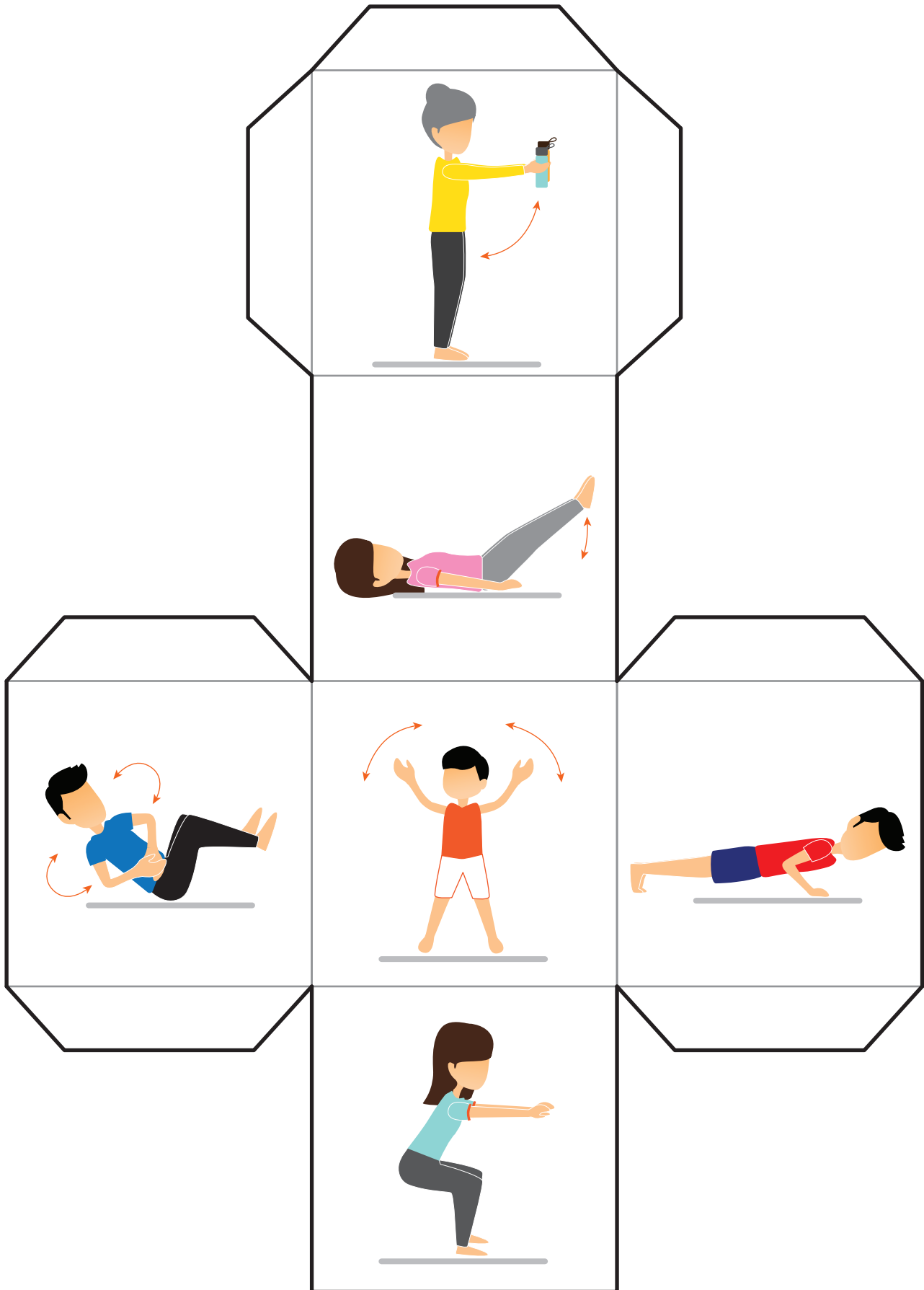


# Instructions:

1. Cut along the thick black outline
2. Fold the flaps down along the thin grey lines
3. Apply adhesives to the flaps and fold into a cube
4. Your Dice is completed!





## Lifts

**Muscle group:** Front shoulder

**Variation:** Side swing

Remark: Use bottles/books as weights, raise your arms upwards to shoulder level

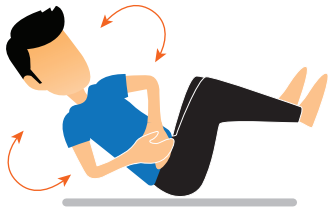


## Leg Raises

**Muscle group:** Lower abs

**Variation:** Cycling motion

Remarks: Lie down flat on the ground, close your legs and raise them 45 to 60 degrees from the ground

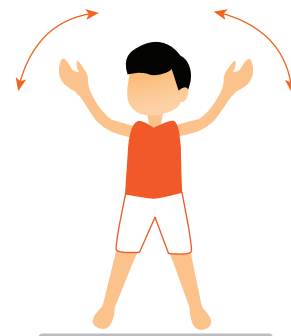


## Twists

**Muscle group:** Obliques, side abs

**Variation:** Elbow to touch opposite knee

Remark: Use mat/towel as cushion on the floor, turn your upper body left and right while maintaining the curled up posture of your lower body



## Jumping Jacks

**Muscle group:** Glutes, quadriceps, ankles

**Variation:** Star jumps

Remarks: Spread your legs apart and stretch your arms side ways while jumping. Alternate your arms' position between shoulder and head level during the jumps



## Push Ups

**Muscle group:** Arms and chest

**Variation:** Diamond, wide push ups

Remark: Control the movements with your arms, descend your upper body towards (but not touching) the ground, then push yourself back up from that position



## Squats

**Muscle group:** Quadriceps, hamstrings, calves

**Variation:** Carry bottles/books as extra weight

Remark: Use your arms to balance while squatting, your knees should not crossover your toeline

### Tips:

1. Playing a game of chess with your family? Use the workout dice for more excitement!  
E.g. Player who loses 3 chess pieces rolls the dice and do 10 reps of the exercise!
2. Doing video call workouts with your exercise buddies? Add in this workout dice for more exercise variation!