

Rudolph's Christmas Game

Congratulations

Rules of the Game

Can you work your way to the top of the tree!!



- Roll the dice to start
- Follow the instructions on box that corresponds with the dice number
- 20 seconds work 10 seconds rest
- Roll the dice again
- Follow the Odd or Even Exercise depending on what you roll.

*Here is the catch
If you roll an even but need an odd to progress up the tree! You must start all over AGAIN!*



1
Star Jumps

2
Pencil Jumps

3
Straddle Jumps

4
Tuck Jumps

5
Frog Jumps

6
Toe Touch Jumps