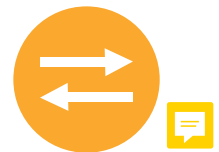
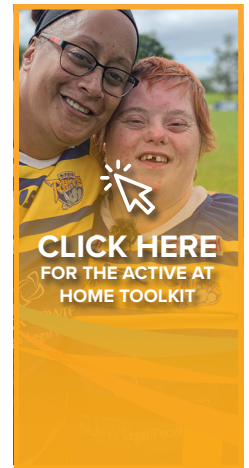




ACTIVE AT HOME

DICE CHALLENGE

WEEK 3 CHALLENGE



HOW TO..?

- This challenge adds some mystery to your workout this week. Get yourself some dice as they will decide what you do!
- Roll the dice a maximum of 3 times see if you can get a number between 1 and 15, whichever number you land on is the exercise you and your group have to do!

REMEMBER

- Get everyone in your group to try this.
- If you are at home, see how many rolls you can do!

ADAPTATION

- ????
- ????
- ????

WEEKLY CHALLENGE LOG		RULES	
<p>DICE CHALLENGE Repeat this a few times, video it and send in your score!</p>		<ul style="list-style-type: none"> ???? ???? ???? 	