Home Workout Generator

It is recommended that after 30 minutes of sitting you should get up and move your body. When you are sitting down completing any school work, set a timer and complete this activity every 30 minutes.

**Method**

1. **Roll three dice and complete the following table (try not to use a calculator).**

*HINT: If you don’t have a dice you can access the virtual dice at* [*https://www.random.org/dice/*](https://www.random.org/dice/)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Exercise order** | **First dice** | **Multiplied by** | **Second dice** | **Equals** | **Seconds of** | **Third dice** |
| 1 | Dice # | × | Dice # | Answer. | seconds of | Choose an item. |
| 2 | Dice # | × | Dice # | Answer. | seconds of | Choose an item. |
| 3 | Dice # | × | Dice # | Answer. | seconds of | Choose an item. |
| 4 | Dice # | × | Dice # | Answer. | seconds of | Choose an item. |
| 5 | Dice # | × | Dice # | Answer. | seconds of | Choose an item. |
| 6 | Dice # | × | Dice # | Answer. | seconds of | Choose an item. |

1. **Choose 11 of your favourite songs and record below.**

|  |  |  |  |
| --- | --- | --- | --- |
| 2. Click or tap here to enter text. | 5. Click or tap here to enter text. | 8. Click or tap here to enter text. | 11. Click or tap here to enter text. |
| 3. Click or tap here to enter text. | 6. Click or tap here to enter text. | 9. Click or tap here to enter text. | 12. Click or tap here to enter text. |
| 4. Click or tap here to enter text. | 7. Click or tap here to enter text. | 10. Click or tap here to enter text. |  |

1. **Once you have generated your workout roll two dice to generate your workout tune.** *E.g. if the answer is 8 then play the song you wrote next to the number 8 in the table above.*

|  |  |  |  |
| --- | --- | --- | --- |
| **First dice** | **Plus** | **Second dice** | **Equals** |
| Dice # | + | Dice # | Answer. |