



# DICE CHALLENGES

For these challenges you will need the dice (from this pack) and some weights. We suggest 2 unopened 400g tins of food.

The activities can be played on your own or with friends.

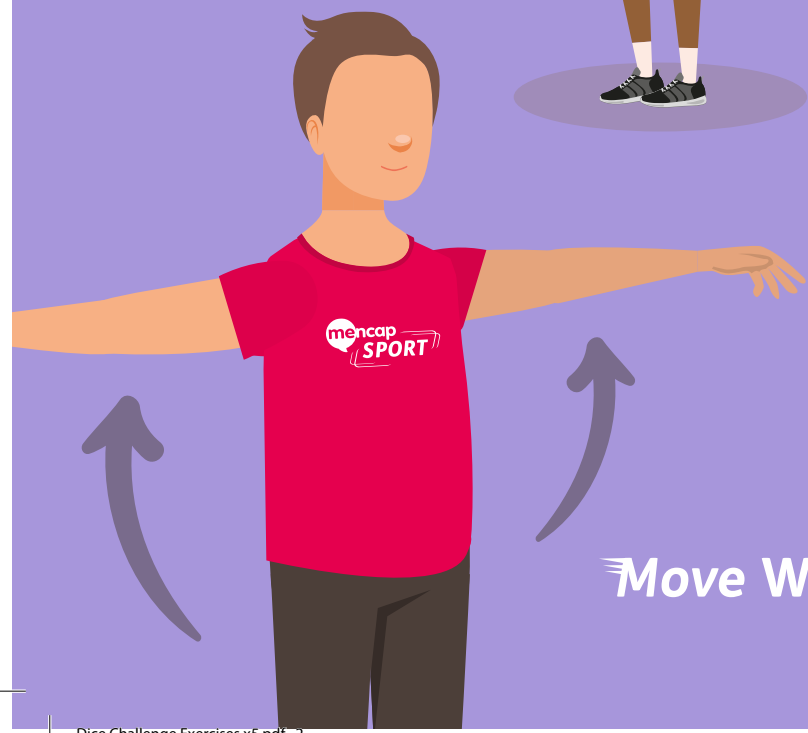
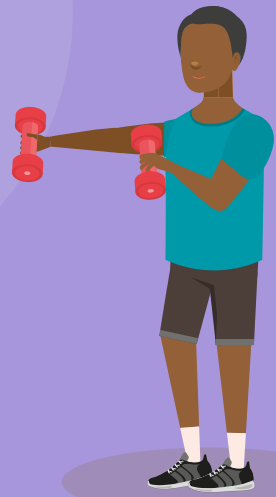
For these activities you will need to choose a level: easy, medium or hard. Roll the dice, the number it lands on is the activity you need to do.

For some exercises you will need to time yourself.



In association with:





**Move With Mencap**

# MARCH ON THE SPOT

# 1

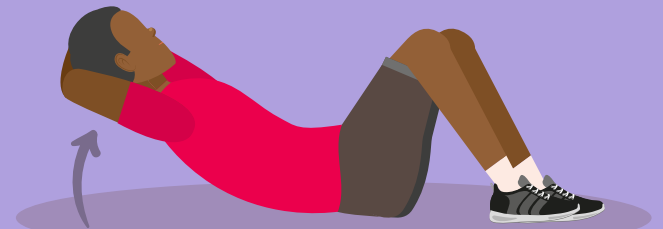
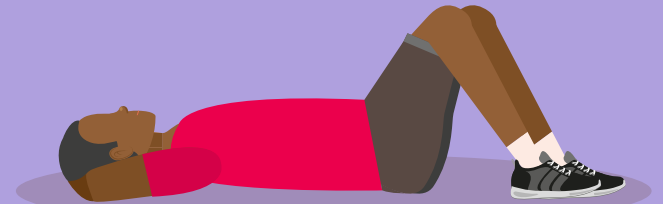
1. Standing on the spot, lift one bent arm and one bent leg towards you at the same time and then put your leg down and relax your arm. If you would like to stay sitting, you can try the arm movements.
2. Repeat step 1 with your other arm and or leg.
3. Continue to swap between sides, do this 20 times.

**Tip:** Keep your head up, look forwards and keep your shoulders back.



# SIT UPS 2

1. Lie flat on your back with your knees slightly bent or if seated, sit comfortably with your back straight. Then, use your tummy muscles to sit up. See if you can touch your knees with your hands. If you are seated, squeeze your tummy muscles and lean as far forward as possible.
2. Return back to your relaxed position. Lay flat on the floor or sat up straight if seated.
3. Repeat steps 1 and 2 and do this 10 times.





# STAR ARMS 3



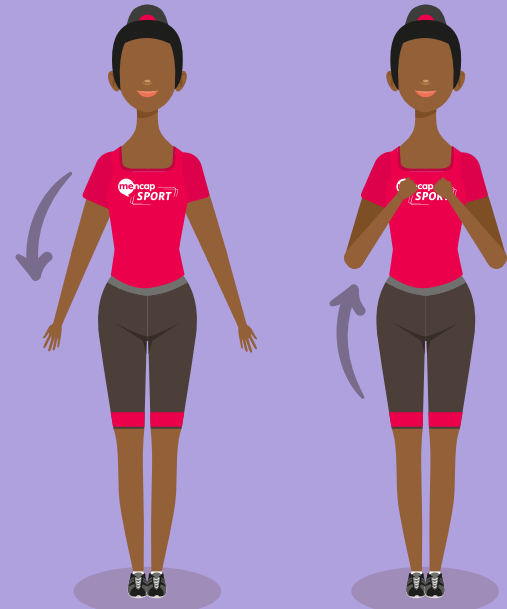
1. In a seated or standing position, with your arms down by your side, lift your arms sideways, keeping your arms straight.
2. Bring your arms back down by your side.
3. Repeat steps 1 and 2 and do this 10 times.



# ARM CURLS 4



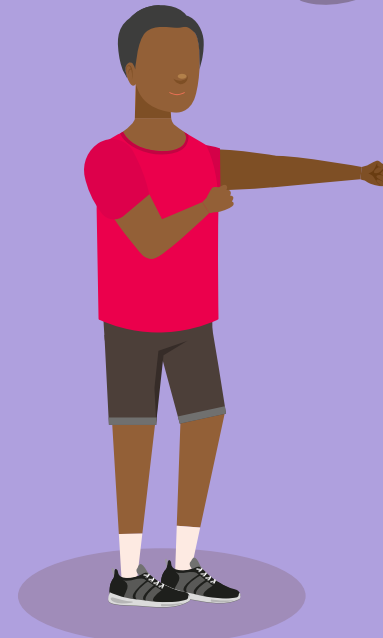
1. Stand or sit and put your arms straight out in front of you and have your palms facing upwards.
2. Keep your elbows against your body, make a fist with your hands and lift your fist towards you. Then, relax and lower your arms back down.
3. Repeat steps 1 and 2 and do this 20 times.



# FORWARD PUNCHES 5



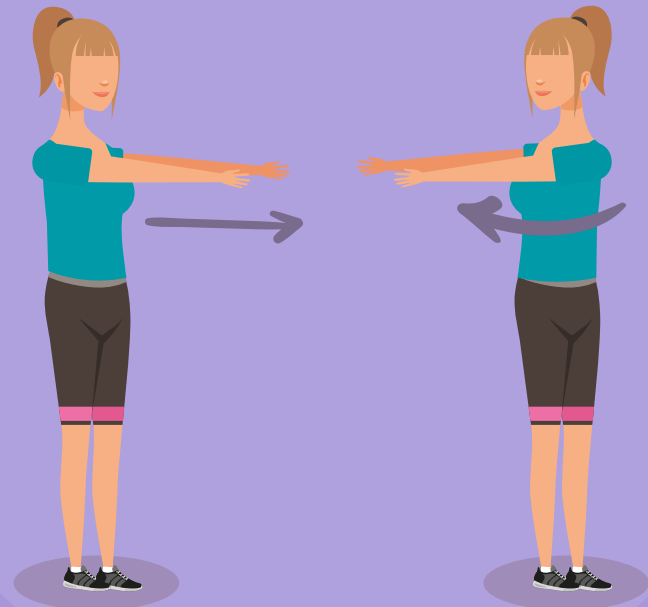
1. Make fists with both your hands, push one fist forwards in a punching motion like a boxer. Keep your fist the same height as your shoulder.
2. Bring your arm back towards you and repeat step 1 with your other arm.
3. Repeat steps 1 and 2 at a quick pace for 60 seconds.



# THE TWIST 6



1. Place both hands out in front of you at the same height and distance as your shoulders. Then move your arms as far as you can to your left, twisting your upper body in the process.
2. Now move your arms to the right, twisting your body, as far as you can.
3. Repeat steps 1 and 2 for 40 seconds.



# PUNCH AND MARCH 1

1. Hold your hands up at shoulder height and make a fist in each hand. Then, using one hand at a time punch the air above your head by straightening your arm and pushing up into the air.
2. Then add the march, lift one knee up to hip height and then put it back down. Then repeat with the other leg. Think of being a soldier.
3. Do steps 1 and 2 for 60 seconds.



# CHEST PRESS 2

1. In a seated position, place both hands out in front of you, shoulder width apart with your arms bent and palms facing away from you; like a basketball player with the ball in their hands about to make a pass.
2. Push both hands out straight in front of you as far as you can, straightening your arms and keeping them up at shoulder height. Then, bring both hands all the way back again.
3. Do steps 1 and 2 for 60 seconds in a continuous pushing motion.



# STAR JUMPS 3



1. With your arms down by your side, keep your arms straight, lift both your arms sideways, until your hands touch above your head. At the same time jump both feet outwards so that your body makes a star shape.
2. Bring your arms back down by your side and your feet back together until they are touching if you are standing.
3. Do steps 1 and 2 for 40 seconds.

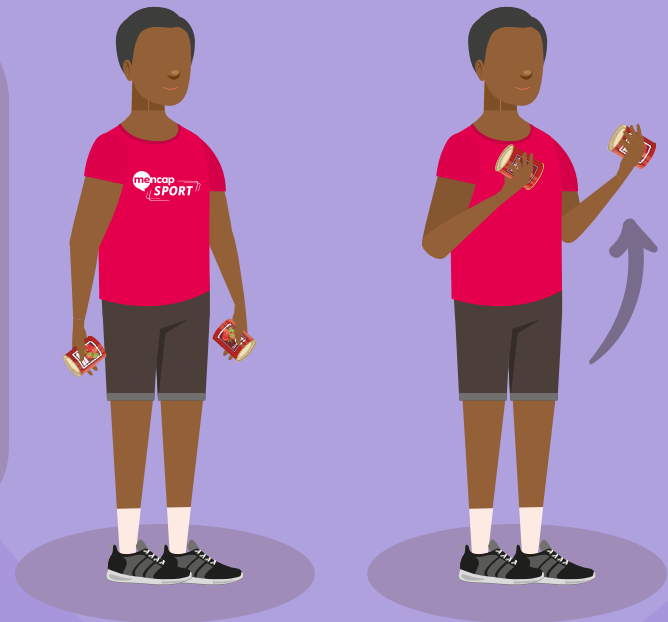
**Tip:** If you are sat down, you can just try the arm movements.



# ARM CURLS 4

Some things you will need before you start:  
2x 400g unopened tins of food.

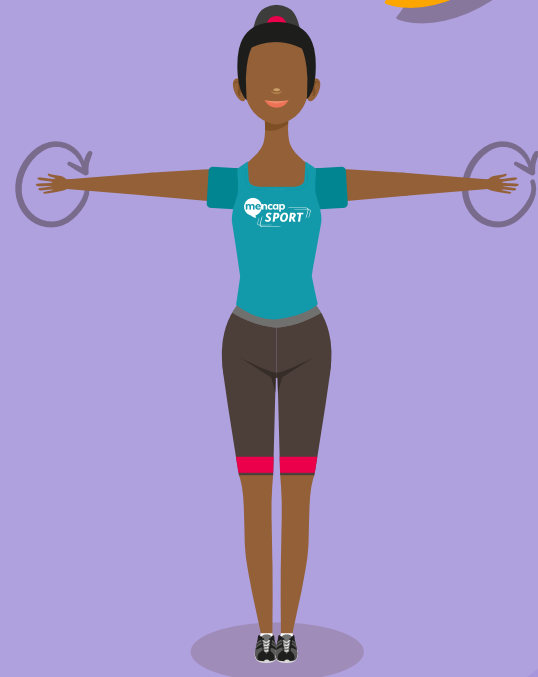
1. Hold one tin of food in each hand and put your arms down by your side. Keep your elbows touching your body, bend your arms up towards you until the cans touch your shoulders.
2. Straighten your arms and put them down by your side.
3. Do steps 1 and 2 for 40 seconds.





# ARM CIRCLES 5

1. Hold your arms out to your side, keep them completely straight and in line with your shoulders.
2. Keep your arms straight, move your arms and pretend to draw a small circle with your fingers.
3. Do steps 1 and 2 for 45 seconds, try not to drop your arms.



# TOE TOUCHES 6

1. With your knees slightly bent, bend down and touch your toes with both of your hands.
2. Then stretch up and reach your hands above your head.
3. Do steps 1 and 2 for 60 seconds.



# ELBOWS TO KNEES

# 1

1. In a seated position or stood with feet shoulder width apart, hold your arms out in front or above your head . Twist your right elbow down to touch your left knee, bringing your left knee up to meet it. Then return your arm and leg back to the starting position.
2. Twist your left elbow down to touch your right knee and then return to the centre position.
3. Do steps 1 and 2 for 60 seconds.



# ROPE CLIMBERS 2

1. Hold both your arms out in front of you with your hands above your head. Touch your thumb to your fingers and bring one hand down as if you are pulling on a rope to climb up it.
2. Do the same using the other hand, pulling down like climbing a rope. At the same time walk or run on the spot.
3. Do steps 1 and 2 for 60 seconds.

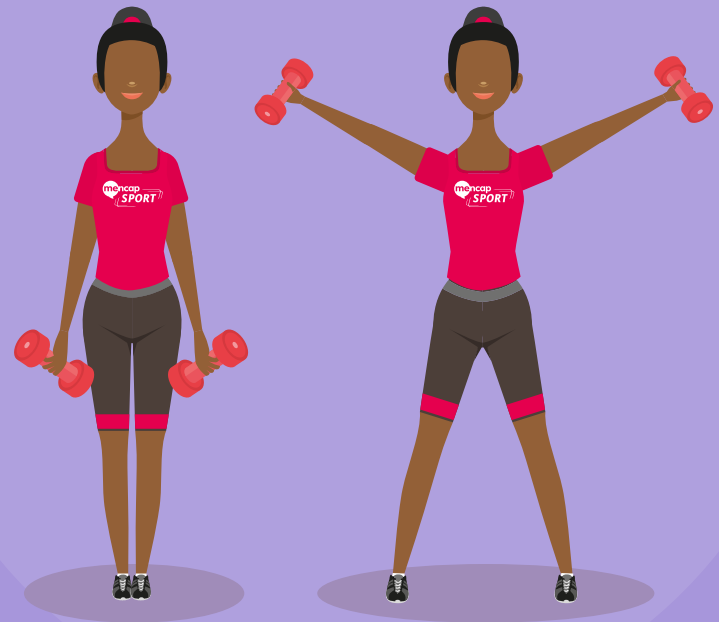


# WEIGHTED STAR JUMPS 3

Some things you will need before you start:  
You will need a weight x2.

1. With a weight in each hand, have your arms down by your side. Then lift your hands to touch above your head. At the same time jump both your feet outwards so that your body makes a star shape.
2. Bring your arms back down by your side and your feet back together until they are touching if you are standing.
3. Do steps 1 and 2 for 40 seconds.

**Tip:** If you are sat down, you can just try the arm movements.



# SHOULDER SHRUGS 4

1. Either seated or standing, hold a 400g unopened can of food in each hand with your arms straight down by your side.
2. Keeping your arms straight, bring your shoulders up to try and touch your ears and then relax them down again.
3. Do steps 1 and 2 for 60 seconds.



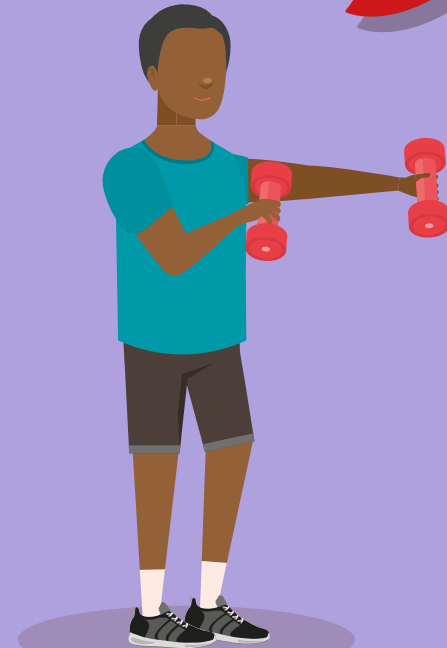
# FORWARD PUNCHES WITH WEIGHTS

# 5



Some things you will need before you start:  
You will need a weight x2.

1. Hold two weights in each hand. Straighten your arms out in front of you at shoulder height. Push one fist forwards in a punching motion like a boxer.
2. Bring your arm back towards you and repeat step 1 with your other arm. Try adding walking or running with your legs.
3. Do steps 1 and 2 at a fast pace for 60 seconds.



# THE SEATED PLANK 6

1. Sitting down, lift your arms up above your head.
2. If you can, lift both legs in the air as high as they can go keeping them as straight as possible, squeeze your stomach muscles and hold this position for 10 seconds. If you cannot raise your legs, focus on the arm position and your tummy muscles.
3. Repeat steps 1 and 2 and do this 5 times with a 30 second rest in between.

