

## KAATS-ZEE - Full Body Workout

Dice Combo	How to Score	Score	Exercise
Ones	Count and add 1's		0-1: 15 Butt Ups
			2-3: 10 Butt Ups
			4-5: 7 Butt Ups
Twos	Count and add 2's		0-2: 30 Tricep Dips
			4-6: 20 Tricep Dips
			8-10: 10 Tricep Dips
Threes	Count and add 3's		0-3: 30 Side Lunges
			6-9: 20 Side Lunges
			12-15: 10 Side Lunges
Fours	Count and add 4's		0-4: 90 Second Plank Hold
			8-12: 1 Minute Plank Hold
			16-20: 30 Second Plank Hold
Fives	Count and add 5's		0-5: 90 Second Arm Circles
			10-25: 1 Minute Arm Circles
			20-25: 30 Second Arm Circles
Sixes	Count and add 6's		0-6: 30 Calf Raises
			12-18: 20 Calf Raises
			24-30: 10 Calf Raises
Three of a kind	Add total of all dice		0-14: 45 Heel Touches
			15-23: 30 Heel Touches
			24+: 15 Heel Touches
Four of a kind	Add total of all dice		0-10: 30 Tuck Ups
			11-22: 20 Tuck Ups
			23+: 10 Tuck Ups
Full House	Three of a kind and two of a kind (25 points)		0: 90 Second Raised Arms Hold
			25: 1 Minute Raised Arms Hold
Small Straight	Sequence of four numbers (30 points)		0: 30 Scissors
			50: 20 Scissors
Large Straight	Sequence of five numbers (40 points)		0: 20 Diamond Push Ups
			40: 15 Diamond Push Ups
Yahtzee	Five of a kind (50 points)		0: 80 Stair Steppers
			50: 60 Stair Steppers
Chance	Add total of all dice		0-10: 90 Second High Knees
			11-23: 1 Minute High Knees
			24+: 30 Second High Knees