

Rolling Wild

EQUIPMENT: 1 dice per person

TIME: 6 - 8 minutes

AIM: Complete all 10 rounds as fast as possible

METHOD:

Round 1/10

Step 1: Perform 10 burpees

Step 2: Complete 4 x 20 yard shuttle sprints

Step 3: Roll the dice 3 times then add up the numbers.

Step 4: Complete the amount of 'Insane wipers' that was rolled.

Example: If the three dice adds up to 10, perform 10 insane wipers. Complete 10 rounds, knocking 1 burpee off every subsequent round.

For example **R1:**10 burpees, **R2:** 9, etc 8, 7, 6, 5, 4, 3, 2, 1

Steps 2-4 stays the same for all 10 rounds, only the burpees change

Insane Wipers: From the push up position, jump both feet wide apart then back in again, then jump both feet in towards the body then back out again. Now perform a single press up. That was one repetition.

Modifications:

1. **Beginner:** Roll the dice once only and stop on 4 burpees
2. **Intermediate:** Roll the dice twice only
3. **Advanced:** As above
4. **Elite:** Roll the dice 5 times