

## Vegas Workout Game

*Roll the Dice and have fun with this hockey specific workout game*

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Sometimes working out can be a drag...especially if you don't have a friend or teammates to do it along with you but the truth is **no one ever regrets doing a good workout.**

I designed to add a little bit of fun into an athlete's workout routine.

Athletes, if you ever have a day where you cannot seem to get yourself to the gym, leave your workout to chance and play this game!

All of the exercises you can do at home with zero equipment (although it wouldn't be a bad idea to invest in a couple dumbbells for an added challenge).

The only way that these timed workouts have results is if you give your absolute best for the entire time. Remember, *excuses are things that we tell ourselves so that we can point our finger at something (or someone) else instead of holding ourselves accountable and they're all bullsh\*t. Set the excuses aside and get in your workout!*

*Workout: Vegas Workout Game Equipment Needed: Dice Total Time: 39 Minutes*

*Directions:*

*For each section (other than the warm up) you will roll the dice for part A and do the exercise that corresponds with the number for the time listed for A. You will then roll the dice for part B and do the exercise that corresponds with the number for the time listed for B.*

*\*If you don't have dice, you can pull up a random number generator online.*

*This workout can end up being killer or a walk in the park. Don't cheat – it makes it more fun that way!*

### **Dynamic Warm Up-\***

One minute of each:

High Knees

Butt Kicks

High Skips

Hip Openers Forward

Hip Openers Backwards

Lunges with twist

Lateral (Side) Lunges

Frankensteins

Shuffle

Karaoke  
Knee To Chest  
Shoulder Swings  
Crab Reaches

Total warm up time = 13 Minutes

**Workout-\***

Part I: Upper Body

45 seconds A  
45 seconds B  
30 seconds rest

Repeat three times

<b>A</b>	<b>B</b>
1. Lay Down Push Ups	1. T Push Ups
2. Push Ups	2. Cammandos (Plank Up Downs)
3. Tricep Dips	3. Forearm Plank Jacks
4. Plank Tap	4. Forearm Plank
5. Lateral Plank Walk	5. Incline Push Ups
6. Inchworm	6. Push Up Burpees

Total time= 6 minutes

Part II: Lower Body

60 seconds A  
60 seconds B  
30 seconds rest

Repeat four times

<b>A</b>	<b>B</b>
1. Squats	1. Frog Jumps
2. Lunges	2. Jump Squats
3. Split Squat (30 seconds/leg)	3. Lunge Jumps
4. Sumo Squats	4. Step Ups
5. Plie Squats	5. Tuck Jumps
6. Three-way Lunge	6. Push Up Burpees

Total time= 10 minutes

Part III: Core Strength

60 seconds A

60 seconds B

0 seconds rest

Repeat four times

<b>A</b>	<b>B</b>
1. Sit Ups	1. Russian Twists
2. V Ups	2. Heel touches
3. Bicycles	3. Mountain Climbers
4. Reverse Crunch	4. Scissors
5. Dead Bugs	5. Windshield Wipers
6. Plank Crunches	6. Crunches

Total time= 4 minutes

Part IV: Cardio

60 seconds A

60 seconds B

30 seconds rest

Repeat six times

<b>A</b>	<b>B</b>
1. Run in place	1. Skiers
2. Jumping Jacks	2. Front Kicks
3. Jump Rope	3. Power Skips
4. High Knees	4. Bounds
5. Butt Kicks	5. Long Jump, Shuffle Back
6. Shuffle	6. Boxer Jump

Total time= 9 minutes

**Yoga Based Cool Down-\***

Two minute slow walk (or march in place)

30 seconds of each:

Downward facing dog

Upward facing dog

Cat/Cow

Rt. leg pigeon pose

Lt. leg pigeon pose

Rt. leg lying quad stretch

Lt. leg lying quad stretch

Rt. side lying back stretch

Lt. side lying back stretch

Butterfly

Rt. leg sitting hamstring stretch

Lt. leg sitting hamstring stretch

Cat/Cow

Shavasana

Total cool down time= 7 minutes

*\*If you're unsure how to do any of the above exercises, a simple Google will pull up several explanations, pictures and/or videos and always consult your physician before beginning any exercise program.*