

FLASH SALE! **PROTEIN SAVINGS!** EXCLUSIVE BOGO's, PRICE CUTS & MORE! [SHOP NOW](#)

Search products, brands, workouts...

7 Day Customer Support



Live Chat

CAD Cart Login

1-800-537-9910

[Store](#) [Workouts](#) [Diet Plans](#)

[Articles](#) [Videos](#) [Tools](#)

HOME > WORKOUT ROUTINES > BODYWEIGHT WORKOUTS

[WE SHIP TO CANADA](#) [VIEW DETAILS](#)

Dice And Cards Bodyweight And Conditioning Workout

M&S weekly newsletter sends you workouts, articles and motivation based on your goal.



[Store](#) [Workouts](#) [Diet Plans](#) [Articles](#) Search products, brands, workout



MUSCLE, BURN FAT & STAY MOTIVATED

Name

Email



This kick butt bodyweight & conditioning workout is random and impossible to prepare for, Dice

and a deck of cards are utilized to determine exercises and reps.

Workout Summary

| | |
|-------------------------|---|
| Main Goal | General Fitness |
| Workout Type | Full Body |
| Training Level | Beginner |
| Days Per Week | 3 |
| Equipment Required | Bodyweight |
| Target Gender | Male & Female |
| Recommended Supplements | Pre-Workout Energy Supp, Post-Workout Whey |
| Author | L.J. Walker |

Workout Description

This is a fun and challenging bodyweight and [conditioning workout](#) that can be performed solo, or with a group. All you need is a six-sided dice and a deck of cards.

Here's you the workout works:

1. **Roll a six-sided dice.** This determines which

Best Workout Routines



Fast Mass Program: 4 Day Superset Split Workout



The Optimized Volume Workout (O.V.W) Program



The Total Package Workout Program

exercise you will perform from the chart below.

2. **Flip a card.** This tells you how many reps of each exercise you will perform.

If you roll one of the cardio exercises, multiple the card face by 10 seconds and this will determine how long you perform the conditioning work.

Each card face represents a different chart, as seen below. You will need to print out this chart and keep it in your gym bag so that you won't have to sweat next to your iPod or Smart phone.

Rest. Don't take breaks in between each exercise. Roll the dice, flip a card and get after it. Keep your pace brisk. Once you have flipped over the entire deck your workout is over.

You can also choose to roll and flip prior to hitting the gym, and printing out a spreadsheet of the day's workout.

Here are the reps you should do for each card:

- **Two** - 2
- **Three** - 3
- **Four** - 4
- **Five** - 5
- **Six** - 6
- **Seven** - 7
- **Eight** - 8
- **Nine** - 9
- **Ten** - 10
- **Jack** - 11
- **Queen** - 12
- **King** - 13



HIT MASS
Program: 3
Day High
Intensity
Training
Split



4 Week
Beginner
Core
Strength
Trainer



The Cobra
Workout:
Heavy High
Volume
Back
Program

- **Ace** - 15
- **Joker** - 25

If you roll conditioning work and an Ace, it requires you to do 150 seconds of cardio. If you flip a Joke, it requires you to perform 250 seconds of cardio.

Hearts

Exercise or Cardio

| Dice Roll | Exercise or Form of Cardio |
|-----------|---|
| 1 | Step Ups (Conditioning) |
| 2 | Burpees |
| 3 | Push Ups |
| 4 | Lying Floor Leg Raise |
| 5 | Hip Raise/Bridge |
| 6 | Standing Long Jump |

Diamonds

Exercise or Cardio

| Dice Roll | Exercise or Form of Cardio |
|-----------|----------------------------------|
| 1 | Bear Crawl (Conditioning) |
| 2 | Jumping Jacks |
| 3 | Diamond Push Ups |
| 4 | Sit Ups |
| 5 | Tuck Jump |
| 6 | Walk Out On Hands |

Spades

Exercise or Cardio

| Dice Roll | Exercise or Form of Cardio |
|-----------|--|
| 1 | Running (Conditioning) |
| 2 | Bodyweight Jump Squats |
| 3 | Mountain Climber |
| 4 | Abdominal Pendulum |
| 5 | Star Push Ups |
| 6 | Dive Bombers |

Clubs

Exercise or Cardio

| Dice Roll | Exercise or Form of Cardio |
|-----------|-----------------------------------|
| 1 | Jumping Rope (Conditioning) |
| 2 | Bodyweight Lunge |
| 3 | Superman |
| 4 | Ab Wheel Rollouts |
| 5 | Clapping Push Ups |
| 6 | Jumping Butt Kicks |

Join over 500k subscribers who receive weekly workouts, diet plans, videos and expert guides from Muscle & Strength.

[Subscribe Free](#)

181
SHARES

4.915
STARS VOTES
RATE
THIS

RECOMMENDED FOR YOU



3 Day Bodyweight Workout Plan



Calisthenics And Bodyweight Workout



Bodyweight Workout Routine Circuit



Bodyweight Workout You Can Do Anywhere



2 Bodyweight Circuits You Can Do at Home



Backyard Bodyweight Workout For Women

About The Author



L.J. Walker

LJ has a BS in physiology and works as a clinical research associate. He has had a passion for exercise/nutrition ever since he lost over 80lbs while in high school.

[View all by L.J. Walker »](#)

1 Comment

[+ Post Comment](#)



Posted Thu, 03/27/2014 - 01:25

LIKE 27

Anilk6888

Would anybody please tell me what does the conditioning mean in bodybuilding context?

REPLY

HELP & SHIPPING

- Help Center
- Contact Support
- Your Account
- Order Status
- Shipping & Returns

M&S REWARDS

- How to earn points?
- Rewards Catalog

FOLLOW M&S

CONTACT US

Muscle & Strength, LLC
 1180 First Street South
 Columbia, SC 29209
 PH: 1-800-537-9910

[Email click here](#)

JOIN OUR NEWSLETTER

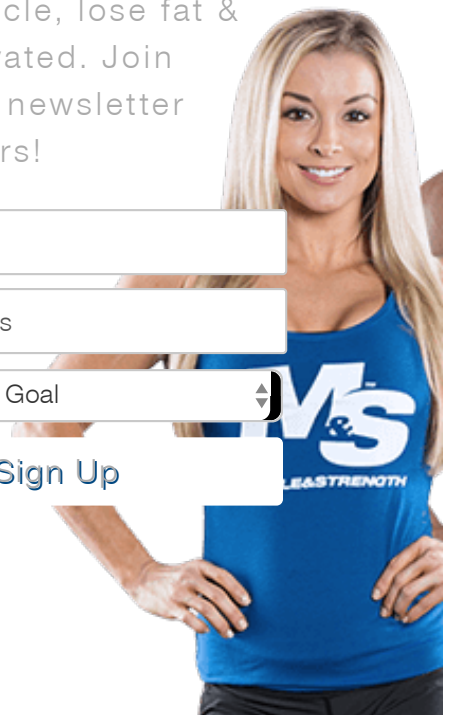
Build muscle, lose fat & stay motivated. Join 500,000+ newsletter subscribers!

First Name

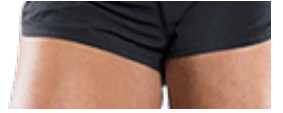
Email Address

Choose Your Goal

Sign Up



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



[About](#) [Careers](#) [Write for Us](#) [Affiliates](#) [Terms of Use](#) [Privacy Policy](#)
[Cookie Policy](#)

© Copyright 2005-2020, Muscle & Strength LLC. Images copyright of their respective owners.

