



STACK 52
- THE GAME OF FIT -

QUICK -SWEAT- DICE



INSTRUCTIONS BOOKLET

LINKED TABLE OF CONTENTS

CLICK ICONS TO NAVIGATE



GETTING STARTED



EXERCISE GUIDELINES



ACHIEVE YOUR GOALS



Blue: Cardio Exercises



Red: Core Exercises



Green: Chest Exercises



Yellow: Leg Exercises



Orange: Arm Exercises

GETTING STARTED

DISCLAIMER



OUR AGREEMENT

By using Stack 52, you are agreeing to accept all parts of this disclaimer.



TALK TO YOUR DOCTOR

We highly recommend talking to your doctor before beginning any diet or exercise program.



THIS IS NOT MEDICAL ADVICE

We provide our genuine opinions based on decades of our experience and research, but we are not doctors, and this is not medical advice.



THIS IS A SELF-COACHING AID

Stack 52 is a self-coaching aid. We are delighted to assist you, but you are the ultimate decision maker and are solely responsible for your actions and results.



KNOW AND OWN THE RISKS

There are risks associated with all physical exercise. You are responsible for understanding the risk, and you participate at your own risk.



EQUIPMENT NEEDED

- Exercise mat or soft surface



WATCH THE VIDEOS

[CLICK THE QR CODE](#) to watch Sergeant Volkin teach the exercise. Videos are also posted on stack52.com/dice.



LEARN THE EXERCISES

Touch each QR code, watch the video, and learn each exercise so you will be ready to roll the dice. If an exercise is too easy or difficult for you, please substitute another bodyweight exercise. Go to stack52.com/table for a Periodic Table of Bodyweight Exercises organized by muscle group and difficulty.



CREATE WORKOUTS

Roll the dice. Do the exercises on the colorful dice for the number of reps on the white dice, then roll the dice again. See how many total reps you can get in 5, 10, 15, etc minutes or go for 50, 100, 150, etc total reps. Beat your old record and be creative!

EXERCISE GUIDELINES



WARM UP FIRST

Start each workout with a few minutes of dynamic stretches and warm ups until your muscles and joints are loose and warm. Visit [Stack52.com/warmup](https://stack52.com/warmup) for an interactive table of options.



IT HURTS!

If you feel pain, STOP! Something is wrong!



I'M NEW TO FITNESS

Focus on mastering the exercise techniques. For the first 6-8 weeks, your nervous system will be learning to control your muscles efficiently. You will get much stronger, but you will not see a big difference in the mirror at first. Do not focus on high difficulty or intensity. You will increase your risk of injury and slow your progress.



IMPACT SAFETY

Do all impact exercises (jumping) on a soft surface like an exercise mat. Land softly. Avoid sharp impacts; they harm your bones, muscles, and connective tissues.



ADJUST EXERCISE DIFFICULTY

There are many ways to make an exercise easier or more difficult. **Speed:** perform the exercise slowly (hard) or do the return movement slowly and the main movement explosively (hard). Use a constant rhythm (easy).

Freeze: hold the final position for several seconds to increase difficulty.

Stability: reduce your stability (place your feet close together, use only one foot, etc) to increase difficulty.

Increase stability to decrease difficulty. **Lever Length:** example push-ups from toes (harder) vs push-ups from knees (easier).

Substitute: visit stack52.com/table for and interactive table of easier and more difficult exercise variations you can do.



HOW HARD DO I WORKOUT?

A workout should be challenging and uncomfortable, but NOT painful. The goal is to moderately stress your body so it adapts positively to the stress. Too much stress slows your progress and leads to injury.

ACHIEVE YOUR GOALS



HABITS ARE THE KEY

Your habits determine your success or failure. Visit stack52.com/habits to learn how to build good habits and break bad ones.



I WANT TO LOSE WEIGHT

Diet determines how much fat our body stores. Avoid processed foods, especially sugar and grains. Eat natural food with minimal processing (wash, cook, and eat). Please read stack52.com/badfood for more info.



GET LEAN AND TONED

Build good diet and exercise habits:
- Diet (stack52.com/badfood)
- Habits (stack52.com/habits)



EFFECTIVE SHORT WORKOUT

Do High Intensity Interval Training (HIIT). Visit stack52.com/interval to learn how to create very effective 4 minute workouts.



NEED HELP? CONTACT US!

- kurt.boyd@stack52.com (preferred)
- 707-847-6066

BOOKLET ORGANIZATION

- The exercises in this booklet are arranged color: yellow, orange, red, green, blue, then alphabetically by name.
- Written instructions, an illustration, and a QR code are provided for each exercise. [CLICK THE QR CODE](#) for a video of Sergeant Volkin explaining and demonstrating the exercise.

YELLOW: LEGS

CLOCK LUNGE

7♠

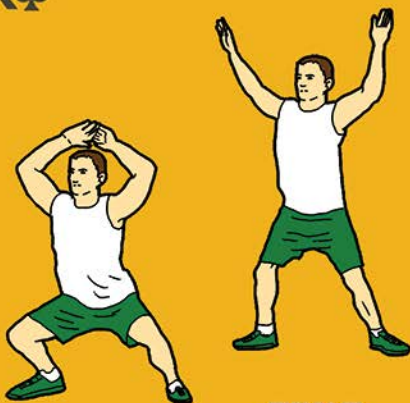


IMAGINE YOU ARE STANDING IN THE CENTER OF A CLOCK. LUNGE TO 12 O'CLOCK. RETURN TO THE START AND LUNGE TO 3, 6, AND 9 O'CLOCK. DO EACH POSITION 3 TIMES. REPEAT FOR BOTH LEGS.

REPS **12** LEVEL **I-A**

JACK SQUAT

K♠



PERFORM JUMPING JACKS, BUT LAND IN A DEEP SQUAT ON EACH REP.

REPS **12** LEVEL **B**

YELLOW: LEGS

REVERSE LEG LIFT

J♠



LIE WITH YOUR ARMS EXTENDED OVER YOUR HEAD AND LIFT ONE LEG UP AS HIGH AS YOU CAN. RETURN TO THE START. DO 6 REPS FOR EACH LEG.

REPS **6** LEVEL **B**

ROCKET JUMP

8♠



STAND WITH YOUR FEET SHOULDER WIDTH APART AND YOUR HANDS TOGETHER POINTING DOWN BETWEEN YOUR LEGS. JUMP AS HIGH AS YOU CAN. LAND IN A DEEP SQUAT AND JUMP AGAIN.

REPS **10** LEVEL **A**

YELLOW: LEGS

SQUAT

K♠



KEEPING YOUR BACK FLAT, HINGE FORWARD AT YOUR HIPS AND SIT BACK TO SQUAT AS LOW AS YOU CAN. KEEP YOUR WEIGHT ON YOUR HEELS AND YOUR CHEST UP.

REPS **10** LEVEL **All**

TWISTING LUNGE

10♠



STAND WITH YOUR ARMS EXTENDED AND HANDS TOGETHER. LUNGE FORWARD WHILE TWISTING YOUR UPPER BODY TO ONE SIDE. RETURN TO THE START. LUNGE WITH THE OTHER LEG AND TWIST TO THE OPPOSITE SIDE.

REPS **8** LEVEL **B-I**

ORANGE: ARMS

DIAMOND PUSH-UP

Q♣

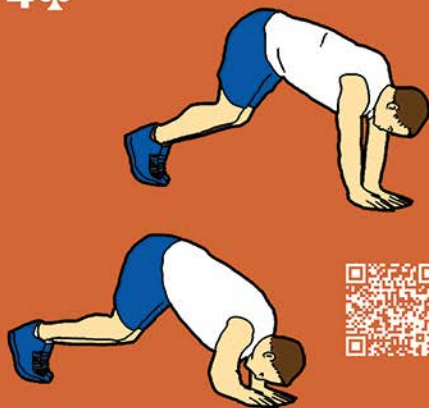


DO PUSH-UPS WITH YOUR HANDS TOGETHER IN A DIAMOND SHAPE. KEEP YOUR BACK FLAT. EASIER VARIATION: SUPPORT YOURSELF FROM YOUR KNEES INSTEAD OF YOUR TOES.

REPS **10** LEVEL **All**

PIKE PUSH-UP

4♣



ASSUME THE PUSH-UP POSITION BUT WITH YOUR BUTT HIGH IN THE AIR. SHIFT YOUR WEIGHT TO YOUR HANDS AND LOWER YOUR HEAD NEAR THE FLOOR. PRESS YOURSELF BACK UP.

REPS **8** LEVEL **I-A**

ORANGE: ARMS

PIKE UP

K♣



START ON YOUR TOES WITH YOUR FOREARMS ON THE GROUND AND YOUR BUTT IN THE AIR. KEEP YOUR HANDS ON THE GROUND AND CONTRACT YOUR TRICEPS UNTIL YOUR ARMS ARE STRAIGHT.

REPS **10** LEVEL **I-A**

STRONGMAN FLEX

6♣



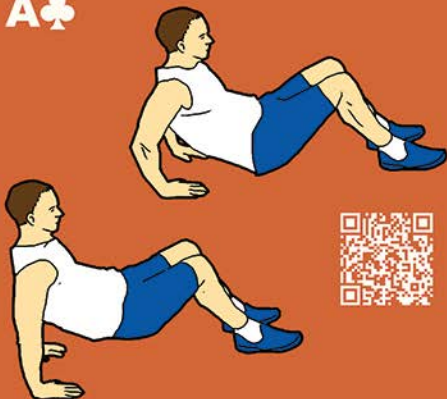
STAND WITH YOUR ARMS OVER YOUR HEAD AND ELBOWS BENT, PERPENDICULAR TO THE GROUND. BRING YOUR SHOULDER BLADES TOGETHER AND FLEX YOUR BICEPS. HOLDING FOR 8 SECONDS IS ONE REP.

REPS **3** LEVEL **All**

ORANGE: ARMS

TRICEPS DIP

A♣

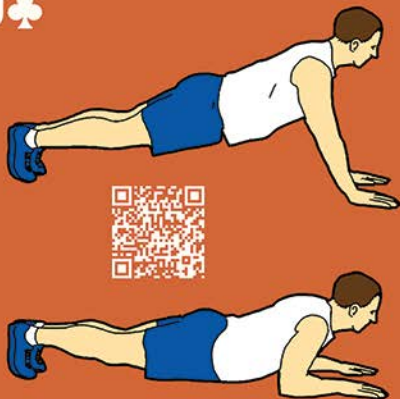


SIT ON THE GROUND WITH YOUR HANDS POINTED TOWARD YOUR TOES. BEND YOUR ELBOWS UNTIL YOUR BUTT ALMOST TOUCHES THE GROUND. RAISE YOUR BODY BACK UP.

REPS **10** LEVEL **B-I**

TRICEPS EXTENSION

J♣



ASSUME THE PUSH-UP POSITION. PLACE YOUR FOREARMS AND HANDS ON THE GROUND. PUSH WITH YOUR HANDS UNTIL YOUR ARMS ARE STRAIGHT. EASIER VARIATION: REST ON YOUR KNEES INSTEAD OF YOUR TOES.

REPS **10** LEVEL **I-A**

RED: CORE

BICYCLE

J ♥



LIE WITH YOUR HANDS BEHIND YOUR HEAD. ALTERNATELY TOUCH YOUR ELBOW TO THE OPPOSITE KNEE AS YOU TWIST BACK AND FORTH. EVERY TOUCH IS ONE REP.

REPS **20** LEVEL **All**

BODY ROCK

Q ♥



LIE ON YOUR BACK WITH YOUR LEGS ANGLED UP AND YOUR ARMS OVER YOUR HEAD. USE YOUR ABS TO ROCK YOUR BODY UP TO ALMOST A SEATED POSITION. ROCK BACK DOWN.

REPS **10** LEVEL **All**

RED: CORE

CRUNCH

K♥



LIE WITH YOUR KNEES BENT AND ARMS CROSSED OVER YOUR CHEST. RAISE YOUR UPPER BODY A FEW INCHES OFF THE GROUND. HOLD AND THEN RETURN TO THE START.

REPS **10** LEVEL **B**

FLUTTER KICK

Q♥



LIE WITH YOUR HANDS UNDER YOUR BUTT. EXTEND YOUR LEGS WITH A SLIGHT BEND IN YOUR KNEES. LIFT YOUR HEELS ABOUT 6 INCHES OFF THE GROUND. MAKE SMALL, RAPID UP AND DOWN MOVEMENTS WITH YOUR LEGS.

TIME **20** LEVEL **All**

RED: CORE

MASON TWIST

K♦



SIT WITH YOUR FEET OFF THE GROUND. TWIST YOUR UPPER BODY FROM SIDE TO SIDE, TOUCHING THE GROUND WITH YOUR CLASPED HANDS. EVERY TOUCH IS ONE REP.

REPS **30** LEVEL **All**

REVERSE CRUNCH

J♦



LIE DOWN AND PLACE YOUR HANDS ON THE GROUND. BRING YOUR KNEES TOWARD YOUR CHEST UNTIL THEY'RE BENT 90 DEGREES. CONTRACT YOUR ABS TO CURL YOUR HIPS OFF THE GROUND. LOWER YOUR HIPS BACK TO THE START.

TIME **10** LEVEL **I-A**

GREEN: CHEST

CHEST PRESS

A♣

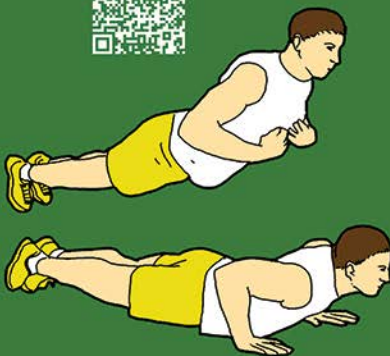


PRESS YOUR HANDS TOGETHER IN FRONT OF YOUR BODY. KEEP YOUR ARMS PARALLEL TO THE GROUND. PUSH BOTH HANDS AGAINST EACH OTHER WITH FULL FORCE. HOLDING FOR 8 SECONDS IS ONE REP.

REPS **3** LEVEL **All**

CHEST TAP

Q♣



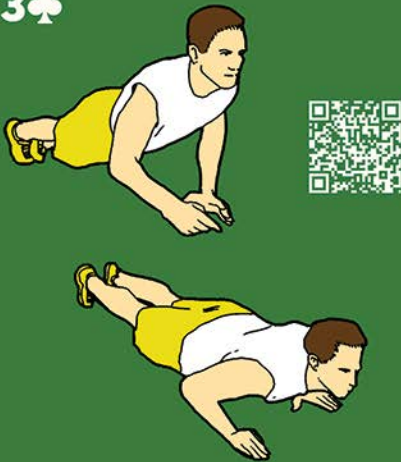
ASSUME THE PUSH-UP POSITION. LOWER YOUR CHEST TO THE FLOOR, THEN PUSH UP EXPLOSIVELY TO TAP YOUR CHEST WITH YOUR HANDS.

REPS **12** LEVEL **A**

GREEN: CHEST

CLAP PUSH-UP

3♣



PERFORM PUSH-UPS EXPLOSIVELY CLAPPING YOUR HANDS TOGETHER AS THEY LEAVE THE GROUND.

REPS **10** LEVEL **I-A**

DRAGON WALK

4♣



FROM THE PUSH-UP POSITION, TOUCH YOUR RIGHT ELBOW TO YOUR RIGHT KNEE. PUSH UP AND STEP FORWARD WITH YOUR LEFT HAND AND LEFT KNEE. DROP DOWN SO THAT YOUR LEFT KNEE TOUCHES YOUR LEFT ELBOW AND PUSH UP. REPEAT, CRAWLING FORWARD LIKE A DRAGON.

REPS **10** LEVEL **I-A**

GREEN: CHEST

JUMP BACK PUSH-UP

8♣



SQUAT DOWN AND PLACE YOUR HANDS ON THE GROUND. WITH YOUR WEIGHT ON YOUR HANDS, JUMP YOUR FEET BACK. DO A PUSH-UP AND JUMP YOUR FEET FORWARD TO THE STARTING POSITION.

REPS **8** LEVEL **All**

WIDE ARM PUSH-UP

6♣



ASSUME A PLANK WITH YOUR HANDS WIDE APART. LOWER YOUR CHEST TO THE FLOOR AND PRESS YOURSELF BACK UP. EASIER VARIATION: REST ON YOUR KNEES INSTEAD OF YOUR TOES.

REPS **15** LEVEL **I-A**

BLUE: CARDIO

BURPEE

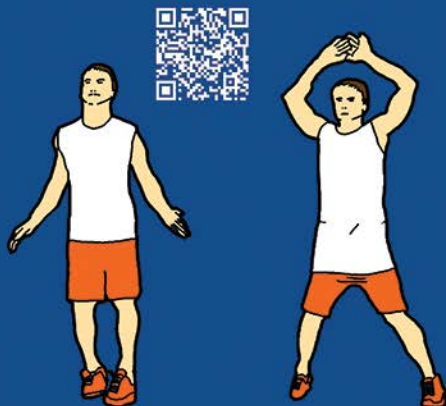
J♦



JUMP AS HIGH AS YOU CAN. AS YOU LAND, PLACE YOUR HANDS DOWN AND DO A PUSH-UP. JUMP YOUR FEET TO YOUR HANDS, STAND, AND JUMP AGAIN.

REPS **10** LEVEL **All**

JUMPING JACKS



START WITH FEET TOGETHER AND HANDS AT YOUR SIDE. JUMP AND SWING YOUR ARMS OVERHEAD. LAND WITH YOUR FEET WIDE. JUMP AGAIN AND LAND WITH FEET TOGETHER AND HANDS AT YOUR SIDE.

REPS **20** LEVEL **All**

BLUE: CARDIO

POWER JACKS

4♦

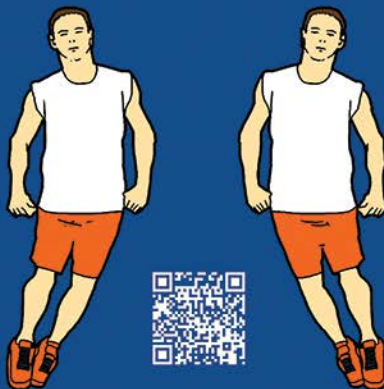


PERFORM JUMPING JACKS BUT
JUMP AS HIGH AS YOU CAN FOR
EACH REP.

REPS **20** LEVEL **All**

SKI JUMPER

3♦



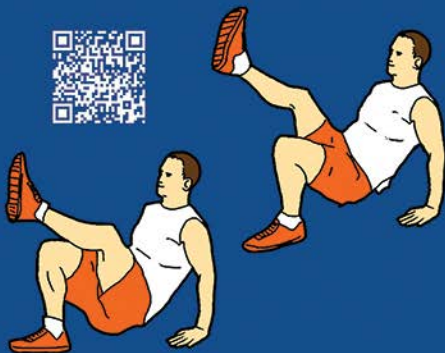
PICK A SPOT ON THE GROUND
AND QUICKLY JUMP FROM SIDE
TO SIDE OVER THE SPOT. EVERY
TWO TIMES YOU LAND IS ONE REP.

REPS **10** LEVEL **All**

BLUE: CARDIO

SKY KICK

8♦



SIT WITH YOUR HANDS POINTED TOWARD YOUR TOES AND YOUR ARMS EXTENDED. ALTERNATELY KICK YOUR FEET UP AND DOWN.

TIME **16** LEVEL **I-A**

TUCK JUMP

9♦



STAND WITH YOUR FEET SHOULDER WIDTH APART. JUMP AS HIGH AS YOU CAN, LIFTING YOUR KNEES TO YOUR CHEST. KEEP YOUR BACK FLAT.

REPS **10** LEVEL **All**