



## Deck of Fitness



All you need for this activity is a deck of cards, if you don't have one, here is your [random deck of cards!](#) (Click shuffle after each card)

### Activity Procedures:

1. Today's friendly competition is Deck of Fitness. The object of the game is to do as many repetitions as you can of each exercise.
2. When you draw a card, you'll use the exercise chart to determine which exercise to do. Complete the number of repetitions shown on your card. For example, if you draw the 4 of hearts, perform 4 jumping jacks.
3. Face cards (e.g., a king) are worth 10 repetitions. Aces are worth 11 repetitions.
4. In round 1, you and your friends will play together and select 1 card for everyone to perform. In round 2, you can compete: Everyone will choose their own card and complete their own repetitions/exercises.

### Tips:

- Make sure you pace your activity safely. Don't give up form for the sake of speed.
- Be sure you have enough activity space for safe movement.
- Follow these exercises or create your own!



Push-Ups



Jumping Jacks



Plank (for number of seconds on card)



Squats

Use your imagination! What are some other exercises you can try?