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FITNESS CARD GAME

Get a standard deck of cards. You can work together as a family or divide for some friendly competition (kids -vs- parents).

Approximately 40 meters away, place a deck of cards face down.

One person in the group (or if you are divided into teams, one person from each team) runs to the cards, picks one card and runs back to the group.

Together, based on the card selected, everybody will complete the exercise. As soon as everyone on the team has finished the exercise, another person runs down to collect a card.

You can define the rules. Example: First to earn 10 cards wins >OR< Whichever team has the most cards in 15 minutes wins et cetera.

<u>CARD</u>	<u>EXERCISE</u>
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2	15 full range sit-ups
3	20 lunges
4	10 push-ups
5	20 mountain climbers
6	Run to cards, complete 10 side-to-side hops, run back
7	1 minute plank hold
8	15 squats
9	20 high knees
10	20 squat kicks
Jack	25 jumping jacks
Queen	10 squat thrusts
King	Butt kicks to cards and back
Ace	High skips to cards and back