



DECK OF CARDS CHALLENGE

ONLY equipment needed: 1-2 deck of cards (or make your own)

1st Deck

Hearts – Jumping Jacks
Diamonds – Mountain Climbers
Spades – Squats
Clubs – Push-ups

2nd Deck

Hearts – Bear Crawls
Diamonds - Burpees
Spades - Lunges
Clubs – Crunches/Reverse Crunches

Number on the card = number of repetitions to complete

Jacks = 12 reps

Queens = 15 reps

Kings = 20 reps

Ace = 25 reps

Jokers = dealer's choice (you pick exercise and # of reps)

Don't have a deck of cards, no problem!

Create your own deck with exercises and numbers. The numbers represent the number of times you will do the exercise. You can change up the exercises to make a new workout.

Example: Focus on cardiovascular, upper body, lower body or core specific activities.

You can also use this method if you have equipment as well to make it fun and challenging.

Make it a game

Go through the decks to see who can last the longest. Adjust flipping each card (rest or recovery time) based on the fitness level of each participant. You can also adjust exercises halfway through the deck depending on age and ability.