

# PLAYING CARD FITNESS!

## EQUIPMENT

Deck of Playing cards

## OBJECTIVE

Collect as many cards as possible in a set time period

## RULES

1. Play by yourself or with as many people that want to participate.
2. Keep the cards in a pile.
3. The first person takes a card and does the exercise and the number of repetitions (example: a 6 of hearts= 6 jumping jacks).
4. The next player immediately takes a card and does the exercise.
5. Once a player is finished they may grab another card.
6. Play continues until all the cards are gone or time is up (5-10 minutes).
7. Whoever has the most cards wins!!!

## CARDS

