

It's In the Cards

On the start signal, the dealer deals one card face to each player including him/herself. Players turn the card over and everyone performs the exercise on the card. When the last player is finished, the used cards are put in the middle of the circle and new cards are dealt. Play continues until the deck is finished.

Exercise Key:

Ace - takes precedence over all other cards: players jog perimeter of living room /house/ yard

King - hold bridge for 10 seconds

Queen - 10 tuck jumps

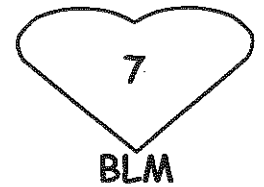
Jack - 20 ski jumps

Hearts - perform that many of jump rope skips

Spades - perform that number of squats

Diamonds - perform that number of lunges

Clubs - perform that number of star jumps



It's in the Cards I



Exercise Key:

- Ace - takes precedence over all other cards:
entire group jogs perimeter of the gym
- King - hold bridge position for 10 seconds
- Queen - 10 high kicks
- Jack - hold side bridge position for 10 seconds
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- Clubs - perform that number of tuck jumps
- Hearts - perform that number of jump rope skips
- Spades - perform that number of wall squats
- Diamonds - perform that number of lunges

3 of a kind or flush - free pass for entire group; new hand is dealt