



Playing Card Fitness.

The Rules of the Game.

- This game can be played with one or several players.
- Find a packet of playing cards and shuffle them.
- The first person takes the card off the top of the pile. Depending on the card turned over the following exercise is then performed.

Ace	15 Star Jumps
King	10 Squats
Queen	5 push ups
Jack	10 sit ups
10	Skip on the spot for 30 seconds
9	10 Tuck Jumps
8	Hold Plank for 30 seconds
7	2 laps of the backyard
6	Stork Balance for 1 minute
5	Sprint on the spot for 30 seconds
4	10 Sit up and twist (opposite elbow to opposite knee)
3	Hold a seated position against a wall for between 30 – 60 seconds
2	5 – 10 lunges

Variation

- Deal out 8 cards, the aim of the game is to get rid of all your cards.
- The first card is dealt, the youngest player has to either put down the same suit or same number of the card. Depending on which card is put down the next player will perform the exercise. For example if the youngest player puts down a king the player sat on their left will have to perform 10 squats. If a player can't put down a card because they don't have the correct suit or number they have to pick up an extra card. The winner is the player who gets rid of all their cards first.