

Playing Card Fitness

Materials:

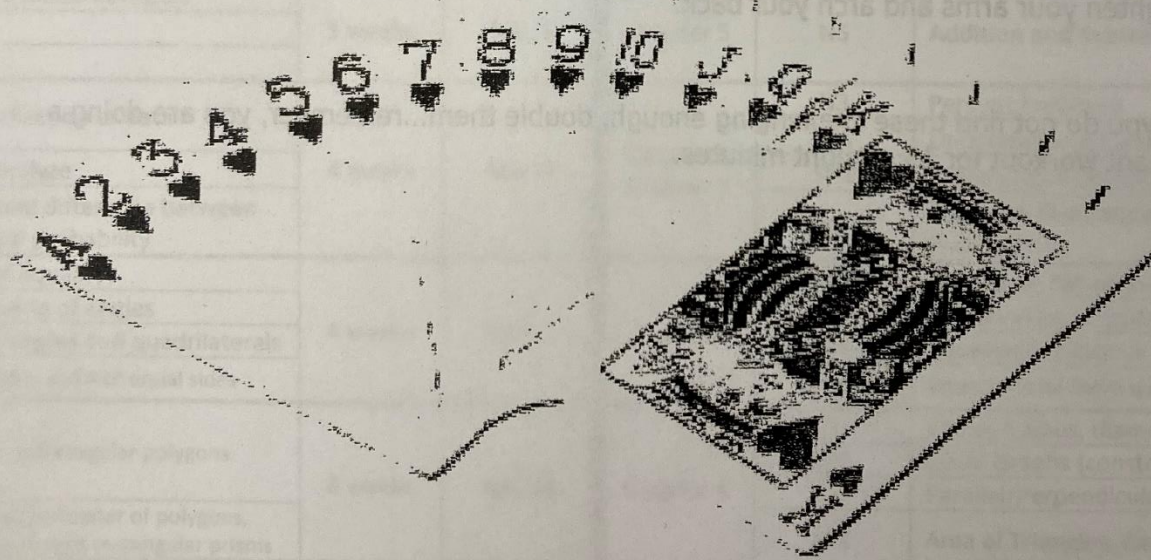
For this PE activity, you will need a deck of cards. If you don't have a deck of cards at home, make one of each of the playing cards in a suit (K, Q, J, 10, 9, 8, 7, 6, 5, 4, 3, 2, and Ace).

Time:

15 minutes twice daily, for a total of 90 minutes over 72 hours. Consider them as brain breaks!

How to play:

Much the same as one of our warm-ups in PE class, draw a card from your deck and do the exercise that corresponds with the card.



(continued on back)

Ace...**Plank** for 30 seconds!

King...**13 Jumping Jacks**

Queen...**12 Mountain Climbers**

Jack...**11 Arm Circles** in each direction, forward and backward

10...**10 Lunges**

9...**9 Burpees**

8...**8 Pushups**

7...**7 High Knees** with both legs (14 in total)

6...**6 Double Crunches**, raising both your torso (upper body) AND knees into a sit-up position

5...keeping knees straight, **Reach for your Toes** and hold for 10 seconds

4...**Jump in Place** 16 times, 4 times for each suit in a deck of cards

3...**12 Criss-Crosses**, one for every face card in a deck of cards

2...assume a **Cobra Position**, and hold for 13 seconds, the number of cards in each suit.
What's a Cobra position?? Lay on your stomach, then raise your upper body with your arms; straighten your arms and arch your back.

***If you do not find these challenging enough, double them...remember, you are doing a constant workout for 15 straight minutes.