

# CARDS FITNESS RELAY

all you need is a  
deck of cards!



SPADES = JUMPING JACKS



HEARTS = BURPEES



CLUBS = CRUNCHES



DIAMONDS = SQUATS

1. SCATTER YOUR DECK OF CARDS ON ONE END OF THE ROOM/ BACKYARD
2. RUN FROM THE STARTING AREA AND GO GRAB A CARD.
3. DO THE EXERCISE BASED ON THE SUITE LISTED ABOVE. THE AMOUNT YOU WILL DO IS THE NUMBER ON THE CARD!
4. DO THIS UNTIL ALL THE CARDS ARE GONE. THE PERSON WITH THE MOST CARDS WINS!