

## Setup

- Split a deck of cards into 4 piles each containing the same cards.
- Place participants into 4 teams and give them a pile of cards.



## Activity Instructions

- On the signal, teams turn over the first card and work together to complete the task corresponding to the card.
- They continue through all cards.
- You may wish to make it a competition to see who finishes first, but if exercises are done in poor form they must restart.

## Example Exercises

- Ace = 1 lap
- 2 = burpees
- 3 = squats
- 4 = touch 4 walls
- 5 = push – ups
- 6 = lunges
- 7 = high-knees
- 8 = hops on each foot
- 9 = mountain climbers
- 10 = sit - ups
- Jack = 1 minute plank
- Queen = 1 minute down dog
- King = 1 minute child's pose