

Groups perform exercises together based on the playing cards they draw.

Setup

- Divide participants into small groups.
- Post at the front of the class that each suit in the deck of cards (hearts, spades, etc.) represents a different type of exercise (sit-ups, burpees, jumping jacks) and have a deck of cards on a desk.



Activity Instructions

- On the start signal (“Go”), one participant from each group runs to draw a card and returns to the team, where everyone has to do the exercise represented by the suit as many reps as the number on the card.
- The team that completes the most cards at the end of the specified time is the winner.
- Emphasize proper technique