

Play any card game, but add in some fitness! Card game examples are: War, Kings in the Corner, Solitaire, Go Fish, ect.

## Deck of Cards

ACE = 14  
KING = 13  
QUEEN = 12  
JACK = 11



HEART = CARDIO



Mountain Climbers-



CLUBS = LEGS



Rocket Jumps-



SPADES = LEGS

Jumping Jacks



DIAMONDS = ARMS



Shoulder Touches-