Get Up & Move

52 Card Deck Work Out

**Warm up:**

* Hug your right knee for 30 seconds, switch legs
* Flamingo stretch with right leg, switch legs
* 10 Jumping jacks
* Run in place for 30 seconds.
* 10 jumping jacks
* Run in place for 30 seconds

**52 Card Deck** (Equipment: Deck of cards)

* **Heart**: Push ups, **Diamonds**: squats, **Spades**: Jumps, **Clubs**: sit ups
* Ace or A will count as 1. J, Q, K will count 10 reps.
* Players will shuffle cards. Split the deck in half and use half the deck OR use the whole deck and see if you can do the whole deck
* Players will draw a card. Which ever card they draw, the number will represent the amount of reps they will do of the exercise.
* For example, player draws 8 of spade. Player will do 8 jumps and then draw the next card.

**Partnered 52 Card Deck** (Equipment: Deck of cards & a partner)

* **Heart**: Push ups, **Diamonds**: squats, **Spades**: Jumps, **Clubs**: sit ups
* Ace or A will count as 1. J, Q, K will count 10 reps.
* Players will use the full deck of cards. Shuffle the deck. Players will play rock paper scissors to determine who goes first.
* Players will take turns drawing a card. While the partner does their exercise, the player rests and encourages partner.
* Players will draw a card. Which ever card they draw, the number will represent the amount of reps they will do of the exercise.
* For example, player draws K of Diamonds. Player will do 10 squats and then draw the next card.

**Cool Down:**

* Find a seat on the floor or on a couch or chair. Make sure your back is nice and straight. Close your eyes with your hands on your lap. Take 10 deep breaths. Repeat if needed. You’re all done! Great job! Make sure you drink some water with a healthy snack!