Card Game

Equipment – One deck of cards

Rules – This math/physical activity game is fun for all! All you do is preselect what exercise to complete. Then, before you flip over a card, everyone playing must select odds or evens (or you can ask red or black). Flip over the card and depending on what the card is, someone is going to complete the exercise.

Exercise ideas – situps, pushups, lunges, squats, burpees, mountain climbers, stretches, jumping jacks, high knees, butt kickers, invisible jump rope, wall sits, etc.