**Four Suit Cards Workout game:**

* Have participant pick 15 cards from the deck of cards or if you have the card picker app Flip 15 cards on the app
* Draw a SPADE  = Sit-ups
* Draw a DIAMOND  = Jumping Jacks
* Draw a CLUB  = Push-ups
* Draw a Heart = Mountain Climbers
* The number on the card will tell you how many reps to perform of the exercise
* The suit or symbol on the card will tell you the activity.
* **Jack = 12 Queen = 14 King = 15**
* **Ace = Double the card before**
* You may substitute other exercises or activities for each suit; For example: you could change **Sit-ups** to **jumping jacks**, **Squats** to **High Knees**, **Push-ups** to **Toe Touches**, **Mountain Climbers** to **Arm Circles**.
* You could also choose activities where you perform a **Dance for a certain amount of time (2 = 10seconds, 3= 15 seconds; as the number on the card increase, increase the time by 5 seconds; Jack, Queen, King, Ace – you pick the time frame for the dance**
* You could choose activities Like mimic or perform a sports move/skill for example throwing a baseball without a ball. Follow the number times you perform the skill as you did for the exercises.
* Perform yoga moves or stretches and use the time method.
* Come up with or Create your own activities