

# DECK OF CARD EXERCISES

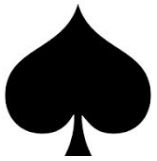
OR BRAIN BREAKS!



DIAMOND = PUSH UPS



HEARTS = SQUATS



SPADES = JUMPING JACKS



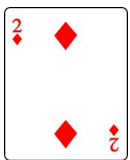
CLUBS = HIGH KNEE LIFTS



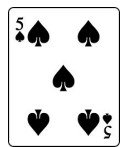
Grab a deck of cards and sort out the Ace - 5 of each suit.

Shuffle them up!

Choose the top card. The suit tells you what exercise to do and the number tells you how many. For example:



Do 2 push-ups



Do 5 jumping jacks

Go through as many cards as you want or do one when you're tired of sitting. For a challenge, pull cards greater than 5! Have your grown-ups do them with you! When you are done, play a game of War! (Or More as we like to call it!)