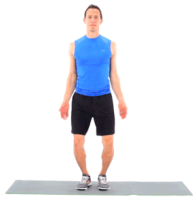


# CARD SHARKS FITNESS

- Play in a group of 2, 3, 4, whatever!
- Pick a card, complete the exercise, pick another, exercise, .....
- Try to finish with the most cards!



**\*RED (2-10) = That many, Jumping Jacks**

**\*Black (2-10) = That many, Mountain Climbers**



**\*J, Q, or K = 10, 1-2-3 Leg Lifts**

**\*A = 10, Up-Downs**



**BACK TO START**

**SKIP TO START!**

Squat Jumps!  
5 x

Toe Touches!  
8 x

Mountain Climbers  
10 x

**TOUCH EVERY DOOR IN THE HOUSE!**

10 JUMPING JACKS

ABC PUSH-UPS  
20 x

15 JUMPING JACKS

Butterfly stretch!  
10 sec

BURPEES  
5 x

Star Jumps  
7 x

Elbow Plank  
10 sec

10 JUMPING JACKS!

Wall Sit  
20 sec

10 ABC Push-Ups

15 JUMPING JACKS!

V-SIT  
10 sec

20 ABC Push-Ups

Arm Circles  
20 x

15 JUMPING JACKS!

10 ABC Push-Ups

Mountain Climbers x 14

Star Jumps  
7 x

15 ABC Push-Ups

Wall Sit  
15 sec

High Knees  
20 x

10 JUMPING JACKS!

Squat Jumps  
7 x

# FITNESS MONOPOLY

-Take turns rolling the dice, moving your game piece, and completing the activity in the square.  
-When your piece gets around to the **START**, get a drink of water and give yourself 1 point!

**SKIP 5 SPACES!**

Elbow Plank  
15 sec

10 JUMPING JACKS

Mountain Climbers  
10 x

Butterfly stretch!  
10 sec

15 JUMPING JACKS

Squats  
10 x

**Do a Burpee in your bedroom!**

V-SIT  
7 sec

ABC PUSH-UPS  
15 x

**START**



# YOUTUBE WARM UP LINKS

Dances: Avacado, Let's Get Ridiculous,  
Pikachu, Calling all the Monsters, Space Jam

<https://www.youtube.com/watch?v=UJeH8gcjuj0>

<https://www.youtube.com/watch?v=U6NZLfxgjlo>

<https://www.youtube.com/watch?v=6pvtNXLiWdE>

<https://www.youtube.com/watch?v=NXAxWV8-4X4>

<https://www.youtube.com/watch?v=z0evAuWFIPs>

Avengers/Justice League HIIT Workouts

<https://www.youtube.com/watch?v=u8IZfNrA17w>

<https://www.youtube.com/watch?v=sqZFz44AB78>

Bop-It Fitness

[https://drive.google.com/file/d/1wt0FSB1ISxphMkC  
K4qCaZxvOVnHZn2Xe/view](https://drive.google.com/file/d/1wt0FSB1ISxphMkC<br/>K4qCaZxvOVnHZn2Xe/view)

Would You Rather Fitness Challenge?  
(versions 1 and 2)

<https://www.youtube.com/watch?v=G3y5rmgHBgs>

<https://www.youtube.com/watch?v=jAuhWjMRCpg>

Glen Higgins Fitness Videos

<https://www.youtube.com/watch?v=jyWyBern6q4>

[https://www.youtube.com/watch?v=YC\\_V8hnU2PY](https://www.youtube.com/watch?v=YC_V8hnU2PY)

<https://www.youtube.com/watch?v=c3oeoVsM95s>

<https://www.youtube.com/watch?v=QL2C0X3Gx1U>

“Old Town Road” Tabata Workout

<https://www.youtube.com/watch?v=YWgH4HSNnLY>

“Fortnite Fitness” Tabata Workout

[https://www.youtube.com/watch?v=4v6Zcc1\\_tR0](https://www.youtube.com/watch?v=4v6Zcc1_tR0)