

Family Fun Deck of Cards Challenge

Equipment: Deck of Cards

Get Ready:

- Assign each suite a specific exercise:
- **Suggested Exercises** *but feel free change them!*
 - **Hearts** = Jumping Jacks
 - **Clubs** = Push Ups
 - **Diamonds** = Pretend Jump Rope
 - **Spades** = Curl Ups

Directions:

- Shuffle the deck of cards
- **Version One Play as a Group:**
 - Player one picks a card, whatever number they get of a specific suite that will be how many reps they perform of a certain exercise (Example: If you pick a 7 of Hearts you will both complete 7 Jumping Jacks).
 - Aces = 15 repetitions
 - Face Cards (King/Queen/Jack) = 12 repetitions
- **Version Two Play Competitively:**
 - Only the player that picks the card completes the exercise, keep track of points by adding up the amount of repetitions you do each time. The player that does the MOST repetitions wins.
- Remember to stay hydrated with water during your workout!

**You can also play this with an UNO's deck of cards, and assign each color an exercise instead and WILD's can be worth 15 repetitions.*