

Fitness War Exercise List

Lower Card Exercises	
#1	Pushups / Chair Raises
#2	Squats / Reverse Plank
#3	Superman
#4	Shoulder Press
#5	Genie Sit / Chair Raise and Hold
#6	Switch Kicks / Arm Circles
#7	Jumping Jills / Skier Arms
#8	Steam Engines
#9	Floor Taps / Side Leans
#10	Lumber Jack Chops
#11	March in Place / Marching Arms
#12	Mountain Climbers / Twists

Higher Card Exercises	
<p>If outside, the winner can take a victory lap around yard, or push the length of the driveway while the other player performs an exercise.</p> <p style="text-align: center;">OR</p>	
#1	Speed Curls or Gallop (ride a horse)
#2	Speed Boxing Punches or Back Pocket Kickers
#3	Pretend Basketball Dribble
#4	Row a Boat (2 oars or 1 paddle to each side)
#5	Reach & Grab (reach across and up with L arm then switch to R)
#6	Bird Flaps
#7	Skier Arms (1 arm forward and other back) or Ski Jumps (side to side)
#8	Swimmer Arms (breaststroke)