

Stay At Home CARDio! Challenge

What You Will Need:

- A deck of traditional playing cards or a deck of UNO cards

How To Play:

- Draw a card from your deck. Your exercise will be determined by the number or face of the card. Your number of reps or time that needs to be completed will be determined by the suit (playing cards) or color (UNO cards) of the card.

Exercises

Card (Playing Card or UNO Card)	Exercise
Joker or Draw 4 Wild	Burpees* & Draw Again! (<i>timed</i>)
Ace or Wild	Plank** (<i>timed</i>)
King or Draw 2	High Knees or Sky Punches (<i>timed</i>)
Queen or Skip	Russian Twist (<i>timed</i>)
Jack or Reverse	Jumping Jacks/Arm Jacks (<i>timed</i>)
10 or 1 or 0	Jab – Cross – Hook – Cross (<i>repetitions</i>)
9	Bicep Curls (<i>repetitions</i>)
8	Windmills (<i>repetitions</i>)
7	Squats/Triceps Dips (<i>repetitions</i>)
6	Bent Over Rows (<i>repetitions</i>)
5	Push Ups (<i>repetitions</i>)
4	I – Y – T (<i>repetitions</i>)
3	Mountain Climbers/Knee to Opposite Elbow (<i>repetitions</i>)
2	Shoulder Presses (<i>repetitions</i>)

Time or Repetitions

Card Suit or Color	Time	Repetitions
Clubs or Yellow	75 seconds	12 repetitions
Spades or Green	60 seconds	10 repetitions
Hearts or Red	45 seconds	8 repetitions
Diamonds or Blue	30 seconds	6 repetitions

Exercise Modifications

*Burpee – Transfer from chair to flat surface, clap hands above head, transfer back to chair. For more difficult burpee, instead of clap, complete a triceps dip before transferring back to chair.

**Plank – lift your bottom from a seated position, by placing hands next to hips and pushing up, hold that for duration of time