



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FUN WITH CARDS!

Each suit represents a different exercise.

Card value = number of reps to perform.

Face Cards = 10 reps, ACES = 25 Reps

JOKERS = 1 min. Plank or 1 min. Wall Sit



**PUSHUPS**



**JACKS**

**CHALLENGE  
YOURSELF TO GET  
THROUGH THE  
WHOLE DECK!**



**LATERAL HOPS**



**SQUATS**

**CHOOSE YOUR INTENSITY**  
Low, Medium, High