

# Deck of Cards Exercise



## Materials:

- A deck of cards
- A piece of paper and a pen (optional)

## How to play:

1. Choose four different active exercises that you feel your kids can safely and confidently perform.

2. Assign each exercise to a suit. Write down each suit to its assigned exercise

OR

Use the example we have created

3. Shuffle the cards and place them in a draw pile, face down.

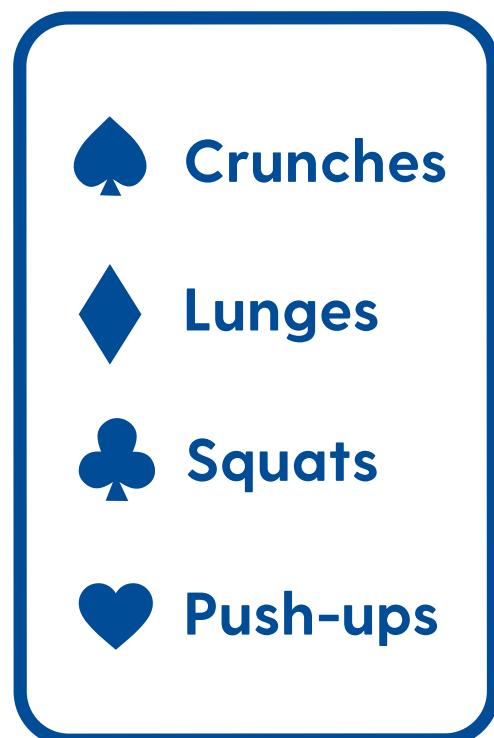
4. Every player picks a card and performs the exercise corresponding to the suit and performs the exercise the same amount of times as the number on the card

(Jack = 10, Queen = 11, King = 12, Ace = 13)

5. Continue choosing cards until the whole deck is used (or you get too tired)

Have fun assigning different exercises to the suits!

We've also provided detailed instructions for how to perform these exercises on the new page.



## Crunches

1. Lie flat on the floor with feet hip-width apart.
2. Keep the knees bent.
3. Interlace the hands behind the head, with the thumbs behind the ears.
4. Tilt the chin slightly up.
5. Start by gently pulling the tummy muscles inwards.
6. Curl up by lifting the neck, head, and shoulder blades off the ground.
7. Hold the posture for a moment and slowly lower the body to the ground.

## Lunges

1. Stand with feet hip-width apart and keep the back straight.
2. Look straight ahead at a spot on the wall to help your balance.
3. Move the right leg forward and lean the body ahead – 70% of the bodyweight will now be on the front foot. Make sure that the upper body and the back are still straight.
4. Lower the body until the right knee makes a 90° angle. Keep the back straight.
5. The lower leg must be parallel to the ground, and the thighs perpendicular.
6. Use the right foot to push upward and return to the 90° position.
7. Repeat this forward lunge with the other leg.

## Squats

1. Keep the feet shoulder-width apart.
2. Bend the knees and push your hips back as if you are going to sit down on a chair. Make sure you can still your toes over your knees.
3. While doing this, gently pull in your tummy muscles and keep the back straight.
4. Inhale while lowering and exhale while rising.

## Push-Ups

1. Lie face-down on the floor. The weight of the body will be on the chest.
2. The hands are to be palms-down on the floor.
3. Raise the body using the arms, with weight supported by the hands and the feet.
4. Go down by lowering the torso on the ground, as the elbows make a 90° angle.
5. Keep the body straight throughout the exercise.
6. Breathe in as you move down and breathe out while rising.
7. The push strength should come from the chest and the shoulders together.
8. Repeat this lowering and lifting steadily, if you are comfortable.