

DEAL A HEALTHY HEART

Green Friendly

Each person in your group deals themselves one card. Flip the card over and perform the listed exercises. When completed, place the card in the completed pile and flip over a new card. When you have gone through the entire deck of cards, you are done.

Ace—Do 1 star jump.

King—Do 10 push-ups or 10 modified push-ups.

Queen—Hold the plank position for 10 seconds. Can you raise a leg and hold, too?

Jack—Do 10 squats or 10 squat jumps. Can you get to parallel each time?

Hearts—Do the face number of jumping jacks or line jumps.

Spades—Do the face number of crunches or make it a little harder and do military crunches.

Diamonds—Do the face number of mountain climbers; wide lunging knees really cranks it up!

Clubs—Do the face number of alternating lunges or balance and touch the floor.

Joker—Whoever draws this card yells out “Joker!” and everyone in your group immediately stops and runs around the gym once. Remember to run clockwise!