

**DEAL A HEALTHY HEART**

# High-Tech Fitness

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**—Balance on a Bosu ball for 10 seconds.

**King**—Jump 10 times with a jump rope; make it harder and perform 10 double unders.

**Queen**—Do 10 crunches on an exercise ball.

**Jack**—Do 10 squats with a weighted bar. Get to parallel!

**Hearts**—Do the face number of side-to-side gliding (with Gliders—discs or socks that allow you to mimic gliding).

**Spades**—Do the face number  $\times$  2 lat pulls with resistance bands.

**Diamonds**—Do the face number  $\times$  2 kettlebell swings.

**Clubs**—Do the face number of alternating lunges, or balance and touch the floor with handheld weights.

**Joker**—Whoever draws this card yells out “Joker!” and everyone in your group stops and immediately performs 20 basic steps on a fitness step.