

DEAL A HEALTHY HEART

Fitness Components

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. What fitness component is this?

King—Jump 10 times with a jump rope. What fitness component is this?

Queen—Hold the warrior pose for 10 seconds on each side. What fitness component is this?

Jack—Do 10 squats. What fitness component is this?

Hearts—Do the face number of push-ups. What fitness component is this?

Spades—Do the face number of mountain climbers. What fitness component is this?

Diamonds—Do the face number of crunches. What fitness component is this?

Clubs—Do the face number of swimmers. What fitness component is this?

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