



An activity game for you to play. #stayactiveathome

Play the deck

What you need: A pack of cards

How to play:

- Assign each suit to an exercise e.g. clubs are sit-ups, spades are burpees, hearts are lunges, diamonds are squats.
- Place all cards face down and take turns to choose a card from the deck.
- Complete the number of each exercise for the suit e.g. 10 of diamonds would be 10 squats.
- If a face card is chosen, run on the spot for 30 seconds.



Can you complete the pack?