

# CARD SHARKS FITNESS

- Play in a group of 2, 3, 4, whatever!
- Pick a card, complete the exercise, pick another, exercise, .....
- Try to finish with the most cards!



**\*RED (2-10) = That many, Jumping Jacks**

**\*Black (2-10) = That many, Mountain Climbers**



**\*J, Q, or K = 10, 1-2-3 Leg Lifts**

**\*A = 10, Up-Downs**

