



Deck of Cards Challenge

For this challenge you need a pack of cards. If you haven't got a pack of cards you can use 'random-cards.com'. Alternatively, you can ask a family member to randomly shout out the suit and a number

The cards you get will determine what exercise you complete and for many repetitions. For example 10 of spades would be 10 press-ups. If you get a picture card the number and exercise should also be completed (see the green box).

52 Card Pickup Workout

Complete number of reps based on number on card. Refer to list for exercise. Cardio face card reps = 10. Strength face card reps: A = 11; J = 12; Q = 13; K = 14.

red cards: cardio

diamonds = squat jumps

hearts = plank jacks

diamonds face cards = 10 burpees

hearts face cards = 10 high knees

black cards: strength

spades = pushups

clubs = triceps dips

spades face cards = lower leg lifts

clubs face cards = v sit ups

Picture cards:

Jack (11) = Star Jumps

Queens (12) = Plank Jacks

Kings (13) = Jump Squats

Aces (14) = Mountain Climbers



"INCREASING PHYSICAL ACTIVITY
THROUGH HIGH QUALITY PE & SPORT"