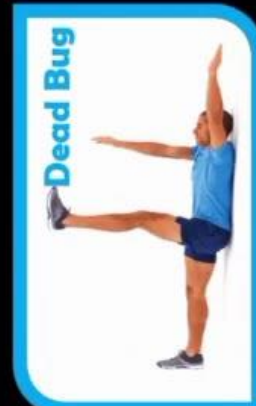




Did you draw a number card? Do that number of these exercises that have the same color as your card.





Fitness UNO

rhope.com
Building a Healthier You One Step at a Time

By Mike Graham
@pe4everykid



Draw 2
More Cards

Draw 4
More Cards



52 Pickup

Each suit represents a different exercise.
Card value = number of reps to perform.
(J=11, Q=12, K=13, A=see below, Jokers=1 min rest)

Shuffle the deck and get moving!



push-ups

30 second
mountain climbers



hip raises

30 second
bridge hold



squat jumps

30 second
deep squat hold



burpees

30 second
plank hold

