

ACTIVE AT HOME

Outdoor Fitness Burpees or Run

Equipment: 1 Deck Of Cards & Cones/Marker Items

Setup:

Place 11 cones out in a row for running, separated about 5m (~15ft) apart, going away from the play area. Have cards shuffled, face down and ready.

How To Play:

Youngest player goes first, then up by age. Each player will individually draw from the card pile and complete the exercise.

- Black cards (Spades & Clubs):

Complete as many jump burpees as the number on the card

Younger players or modified version: Complete squats instead (10 for face cards, 11 for ace)

- Red cards (Diamonds & Hearts):

Run to the cone that matches the card number and back to the start line

(10 for face cards, 11 for ace)

If you are playing to WIN:

Count all your completed cards for their face value (2-11 points each) once the main deck is empty, the person with the highest score wins.

GREAT WORKOUT!

Remember to always exercise within your means. Modify or take breaks as needed!