

DECK OF CARDS

Racing





DECK OF CARDS RACING



INSTRUCTIONS

Before you start this game, you will need to have a deck of playing cards and the attached PDF game card printed or a deck of our 'Fun Fitness Daily Mission Cards', which can be purchased from the link on the bottom of this document.

I will explain the game using both options, and you can also watch the attached video where I explain how the game works and how easy it is to use either the attached game card or the Fun Fitness Cards.

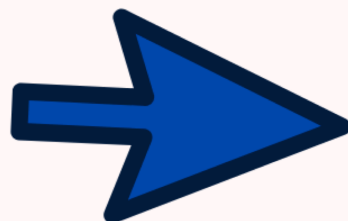
Before you start the game, you will need to split your group into four even teams. Each suit of cards will be a different team. Hearts, diamonds, clubs and spades. The teams make it really engaging and builds the team spirit. All teams start on the start line, and everyone completes the movements together. It doesn't matter which team you are in. The winning team will be the team that gets their 'ace' across the finishing line first.

The trainer or instructor has the rest of the cards randomly shuffled. They start the race by selecting a card from the deck. Whichever suit it is, moves their ace one place on the racecourse. All four teams then complete ten reps of the exercise allocated to that place on the race track. Once everyone has finished, the instructor repeats the process, and the suit of the card drawn is the card that moves one place on the race track. This continues with all players completing the same movement at the same time. The team whose ace gets to the finish line first are the winners. It is always ten reps per go as well.

The winners can select a punishment for the other three teams, like a 400-metre run or a 1-minute plank or wall sit. Good luck; this is a fantastic game that will build excitement and team spirit all the way through.

Link to buy our Fun Fitness Daily Mission Cards -
<https://members.fitnessgameszone.com/daily-mission-cards/>

QR Code to watch Dale explain and demonstrate the game in action.



FINISH LINE

START LINE



SQUAT THRUSTER



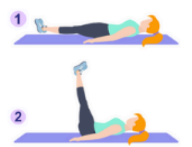
Reach down and place your hands on the ground before hopping your legs back into push up position. Quickly spring your legs forward to the bottom of a squat and jump back to the starting position.

IN OUT SQUAT



Stand with feet together. Bend your legs, jump up, and separate your feet in mid-air and land in a squat hold. Then jump back up and land in starting position.

LEG RAISE



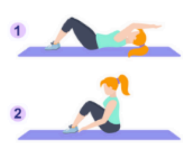
Lie on your back, legs straight and together. Lift your legs to the ceiling until your butt comes off the floor. Then lower back to your starting position.

PUSH UP



Start in a high plank position with hands beneath the shoulders and toes down. Keeping your legs and back straight, bend your arms at the elbow to lower the body down. Once the chest is hovering off the ground, extend the arms and push the body back up to the starting position.

SIT UP



Lie flat on you back with your knees bent. Lift your torso off the ground and move to a seated position, then lie flat again without changing the position of your legs.