**Fitness UNO Chart: Aerobic Capacity**

|  |  |
| --- | --- |
| RED | Invisible Speed Rope |
| BLUE | Jumping Jacks |
| GREEN | Mummy Jacks |
| YELLOW | Stationary Sprints |

* Wild cards: free—discard with no repetitions.
* Draw 2 cards: draw 2 new cards.



* Reverse cards: count 10 repetitions backward.
* Skip cards: free—discard with no repetitions.
* Wild Draw 4 cards: give to another team—they must draw 4.

**Fitness UNO Chart: Muscular Fitness**

|  |  |
| --- | --- |
| RED | Plank  Mississippi Holds |
| BLUE | Plank Jacks |
| GREEN | Plank  Alternating Super Arms |
| YELLOW | Plank  Alternating Leg Lifts |

* Wild cards: free—discard with no repetitions.
* Draw 2 cards: draw 2 new cards.



* Reverse cards: count 10 repetitions backward.
* Skip cards: free—discard with no repetitions.
* Wild Draw 4 cards: give to another team—they must draw 4.

**Fitness UNO Chart: Flexibility (& Balance)**

|  |  |
| --- | --- |
| RED | Tree Pose  Mississippi Holds |
| BLUE | Downward-Facing Dog Mississippi Holds |
| GREEN | Warrior  Mississippi Holds |
| YELLOW | Forward Bend  Mississippi Holds |

* Wild cards: free—discard with no repetitions.
* Draw 2 cards: draw 2 new cards.



* Reverse cards: count 10 repetitions backward.
* Skip cards: free—discard with no repetitions.
* Wild Draw 4 cards: give to another team—they must draw 4.