

## 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.