HEALTH-RELATED

Pick-a-Card Fitness

**Set Up:** 1 or more players can play this game. You need 1 deck of cards or a card app.

**How to Play:** The object of the game is complete 20-second Tabata intervals based on the card that you draw. Use the chart below to determine what exercise you’ll perform during each interval.

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| A picture containing drawing  Description automatically generated | **AEROBIC CAPACITY**  The body's ability to take in, transport, and use oxygen during vigorous physical activity. |
|  | **FLEXIBILITY**  The ability to bend and move the joints through the full range of motion. |
|  | **MUSCULAR STRENGTH**  The maximum amount of force a muscle can produce in a single effort. |
|  | **MUSCULAR ENDURANCE**  The ability of a muscle to continue to perform without fatigue. |

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| **TABATA INTERVAL CHOICE BOARD** | | | | |
| **Aerobic Capacity** | [**Just Jumps**](https://darebee.com/exercises/jumps-exercise.html)  (20 Seconds) | [**Half Jacks**](https://darebee.com/exercises/half-jacks.html)  (20 Seconds) | [**Seal Jacks**](https://darebee.com/exercises/seal-jacks.html)  (20 Seconds) | [**March Jacks**](https://darebee.com/exercises/march-jacks.html)  (20 Seconds) |
| **Flexibility** | [**Get Ups**](https://darebee.com/exercises/get-ups.html)  (20 Seconds) | [**Plank Step Outs**](https://darebee.com/exercises/plank-step-outs.html)  (20 Seconds) | [**Fly Steps**](https://darebee.com/exercises/fly-steps.html)  (20 Seconds) | [**Side Leg Raises**](https://darebee.com/exercises/side-leg-raises.html)  (20 Seconds) |
| **Muscular Endurance** | [**Scissor Arms**](https://darebee.com/exercises/scissors-arms.html)  (20 Seconds) | [**Plank Jacks**](https://darebee.com/exercises/plank-jacks.html)  (20 Seconds) | [**Up & Down Planks**](https://darebee.com/exercises/up-and-down-planks.html)  (20 Seconds) | [**Climbers**](https://darebee.com/exercises/climbers-exercise.html)  (20 Seconds) |
| **Muscular Strength** | [**Push-Ups**](https://darebee.com/exercises/push-ups.html)  (20 Seconds) | [**Squats**](https://darebee.com/exercises/squats-exercise.html)  (20 Seconds) | [**Lunges**](https://darebee.com/exercises/forward-lunges.html)  (20 Seconds) | [**Burpees**](https://darebee.com/exercises/basic-burpees.html)  (20 Seconds) |