

## 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.



### 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.

### TABATA INTERVAL CHOICE BOARD

<b>Aerobic Capacity</b>	<a href="#"><u>Just Jumps</u></a> (20 Seconds)	<a href="#"><u>Half Jacks</u></a> (20 Seconds)	<a href="#"><u>Seal Jacks</u></a> (20 Seconds)	<a href="#"><u>March Jacks</u></a> (20 Seconds)
<b>Flexibility</b>	<a href="#"><u>Get Ups</u></a> (20 Seconds)	<a href="#"><u>Plank Step Outs</u></a> (20 Seconds)	<a href="#"><u>Fly Steps</u></a> (20 Seconds)	<a href="#"><u>Side Leg Raises</u></a> (20 Seconds)
<b>Muscular Endurance</b>	<a href="#"><u>Scissor Arms</u></a> (20 Seconds)	<a href="#"><u>Plank Jacks</u></a> (20 Seconds)	<a href="#"><u>Up &amp; Down Planks</u></a> (20 Seconds)	<a href="#"><u>Climbers</u></a> (20 Seconds)
<b>Muscular Strength</b>	<a href="#"><u>Push-Ups</u></a> (20 Seconds)	<a href="#"><u>Squats</u></a> (20 Seconds)	<a href="#"><u>Lunges</u></a> (20 Seconds)	<a href="#"><u>Burpees</u></a> (20 Seconds)