SKILL-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 | **AGILITY**  The ability to move quickly and easily. |
|  | **BALANCE**  The ability to safely distribute and redistribute weight in order to maintain control of body movement and positions. |
|  | **COORDINATION**  The ability to use different parts of the body together smoothly and efficiently. |
|  | **POWER**  The ability to use the body’s strength and force for explosive movement. |

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| **TABATA INTERVAL CHOICE BOARD** | | | | |
| **Agility** | **[t-jumps](https://youtu.be/upntY-QvPVE)**  **[Front-to-Back](https://youtu.be/upntY-QvPVE)**  (20 Seconds) | [**t-jumps Side-to-Side**](https://youtu.be/_kpOyw2Cz28)  (20 Seconds) | **[t-jumps](https://youtu.be/vnNq7oPjfKE)**  **[4 Squares](https://youtu.be/vnNq7oPjfKE)**  (20 Seconds) | **[t-jumps](https://youtu.be/fmmoa_DvoYA)**  **[Stepovers](https://youtu.be/fmmoa_DvoYA)**  (20 Seconds) |
| **Balance** | [**Chair Pose**](https://youtu.be/ySafTekJ3Ls)  (20 Seconds) | [**Tree Pose**](https://youtu.be/yVE4XXFFO70)  (20 Seconds) | [**Warrior Pose**](https://youtu.be/5rT--p_cLOc)  (20 Seconds) | [**Mountain Pose**](https://youtu.be/NYhH8Gr35cI)  (20 Seconds) |
| **Coordination** | **[Juggle Toss](https://youtu.be/WyAtfU2iXPg)**  **[(1 object)](https://youtu.be/WyAtfU2iXPg)**  (20 Seconds) | [**Cross Jacks**](https://youtu.be/iD_EUi_d-yk)  (20 Seconds) | [**Scissor Jumps**](https://youtu.be/0JdQaT69gRo)  (20 Seconds) | [**Wall Toss (right-to-left, left-to-right)**](https://youtu.be/2fzEpDsCZQY)  (20 Seconds) |
| **Power** | [**Jump Knee-Tucks**](https://darebee.com/exercises/jump-knee-tucks.html)  (20 Seconds) | [**Hop Heel Clicks**](https://darebee.com/exercises/hop-heel-clicks.html)  (20 Seconds) | [**High Squats**](https://darebee.com/exercises/high-squats.html)  (20 Seconds) | [**Sprinter Lunges**](https://darebee.com/exercises/sprinter-lunges.html)  (20 Seconds) |