

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.



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.

TABATA INTERVAL CHOICE BOARD

Agility	<u>t-jumps Front-to-Back</u> (20 Seconds)	<u>t-jumps Side-to-Side</u> (20 Seconds)	<u>t-jumps 4 Squares</u> (20 Seconds)	<u>t-jumps Stepovers</u> (20 Seconds)
Balance	<u>Chair Pose</u> (20 Seconds)	<u>Tree Pose</u> (20 Seconds)	<u>Warrior Pose</u> (20 Seconds)	<u>Mountain Pose</u> (20 Seconds)
Coordination	<u>Juggle Toss (1 object)</u> (20 Seconds)	<u>Cross Jacks</u> (20 Seconds)	<u>Scissor Jumps</u> (20 Seconds)	<u>Wall Toss (right-to-left, left-to-right)</u> (20 Seconds)
Power	<u>Jump Knee- Tucks</u> (20 Seconds)	<u>Hop Heel Clicks</u> (20 Seconds)	<u>High Squats</u> (20 Seconds)	<u>Sprinter Lunges</u> (20 Seconds)