**DRAW A CARD AND COMPLETE A CHALLENGE.**

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| **Card** | **Exercise** |
| Ace | 1 Jumping Jack |
| 2 | 2 Burpees |
| 3 | 3 Squats |
| 4 | Touch 4 walls |
| 5 | 5 Push-ups |
| 6 | 6 Lunges |
| 7 | 7 High-knees |
| 8 | 8 Hops (on each foot) |
| 9 | 9 Mountain climbers |
| 10 | 10 Sit-ups |
| Jack | 15-second plank |
| Queen | 15-second down dog |
| King | 15-second child’s pose |