

LIFETIME FITNESS

Card Cardio Challenges

CREATE CARDIO CHALLENGES FOR EACH CARD IN THE DECK.
NEXT — DRAW A CARD AND COMPLETE A CHALLENGE.

Card	Exercise
Ace	1
2	2
3	3
4	4
5	5
6	6
7	7
8	8
9	9
10	10
Jack	15-second
Queen	15-second
King	15-second

Answer this question...

Cardio is the TYPE of activity. What are the health benefits of cardio activities?