

# FITNESS **ON THE MOVE** Card Cardio Challenges

DRAW A CARD AND COMPLETE A CHALLENGE.

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