

Fitness UNO Chart

RED	Invisible Speed Rope
BLUE	Jumping Jacks
GREEN	Mummy Jacks
YELLOW	Stationary Sprints

- ✔ Wild cards: free—discard with no repetitions.
- ✔ Draw 2 cards: draw 2 new cards.
- ✔ Reverse cards: count 10 repetitions backward.
- ✔ Skip cards: free—discard with no repetitions.
- ✔ Wild Draw 4 cards: give to another team—they must draw 4.