



UNO

Fitness Challenge

RED = 20 Jumping Jacks

GREEN = 20 Mountain Climbers

BLUE = 10 Star Jumps

YELLOW = 10 Burpees

SKIP = skip one lap

REVERSE = jog two laps

WILD = your choice of one exercise or one lap around gym



+2 or +4 = add to your exercise or laps



DECKED OUT!



- Complete the number of repetitions based on the number on your playing card.
- Look at the information below to see which exercises to perform.

FACE CARDS are as follows: J=11, Q=12, K=13, A=14

Diamonds (2-10)	Hearts (2-10)
BURPEES	MOUNTAIN CLIMBERS
Diamond FACE CARD (J, Q, K, A)	Heart FACE CARD (J, Q, K, A)
HIGH KNEES	JUMPING JACKS
Clubs (2-10)	Spades (2-10)
SQUAT JUMPS	PLANK JACKS
Club FACE CARD (J, Q, K, A)	Spade FACE CARD (J, Q, K, A)
PUSH UPS	SIT UPS