

Ace Fitness

You will need a pack of playing cards. Shuffle them and deal 10 cards to everyone. (You can choose the number of cards you have depending how you fit you are)



5



10



15



20

The suit tells you how many of the exercise to do. The number tells you which exercise to do.

Ace: Sit ups

2: Press ups

3: Arch lifts

4: Dish lifts

5: V sits

6: Toe taps

7: Squat thrusts

8: Tricep dips

9: Spring changes in front support

10: Squats

Jack: Heel raises

Queen: Spring changes on a box top

King: Roll back stretch jumps

So: 10 of hearts will be 20 squats 6 of spades will be 5 toe taps.

Between each exercise run twice round the garden or do 30 running steps on the spot