

# Activity Cards

## Multiplayer Instructions:

- 1) Print and cut out each of the activity cards. (Use cardstock for best results)
- 2) Spread them out face down on any flat surface.
- 3) Take turns picking cards and completing the activity.
- 4) Discard the complete cards into a discard pile.
- 5) Continue until all the cards have been pick.

## Single Player:

- 1) Print and cut out each of the activity cards. (Use cardstock for best results)
- 2) Spread them out face down on any flat surface.
- 3) Pick a card and complete the activity
- 6) Discard the complete cards into a discard pile.
- 7) Continue until all the cards have been pick or until you have completed at least 5 cards.

**\*\*WILD CARDS - You get to choose the activity to complete for that card\*\***

Yoga Poses Ideas: Cobra, Tree, Happy Baby, Downward Dog, or another idea

Leg Exercises Ideas: Squats, Toy Soldiers, Tuck Jumps, or another idea

Arm Exercises Ideas: Push Ups, Up/Downs Planks, Arm Rotations, or another idea

Core Exercises Ideas: Bicycle Crunches, Mason Twist, Ab Twist, or another idea

You Choose - You get to choose the activity, if holding a yoga pose hold pose for the number listed.

**Wild  
Card**  
30 Second Yoga Pose

**Wild  
Card**  
10 Arm Exercises

**Wild  
Card**  
25 - YOU CHOOSE

**Wild  
Card**  
20 Leg Exercises

**Wild  
Card**  
30 Core Exercises

**Wild  
Card**  
15 - YOU CHOOSE

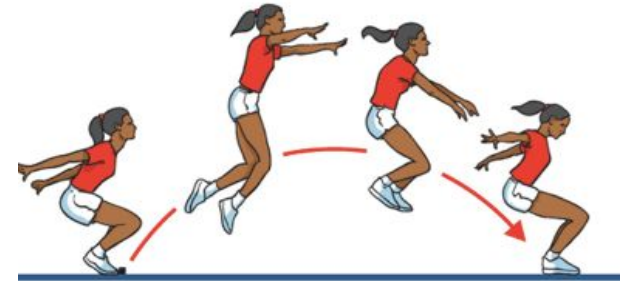
10 Hurdle Leaps



20 Skips in Place



5 Standing Long Jumps



15 Ab Twist



30 Second Tree Pose



30 Second Cobra Pose



10 Plank Jacks



15 Star Jumps



10 Squat Jumps



20 Flutter Kicks



10 Tuck Jumps



15 Knee Tucks



# 15 Burpees



# 20 Criss Cross Jacks



# 20 Plank Shoulder Touches



# 25 Invisible Rope Jumps



# 20 Hops on Each Foot



# 15 Jumping Jacks

