



## **Sunday Fun Family Fitness 54 Card Workout Exercises**

### ***Cardio Exercises***

**Jumping Jacks** - Start in a standing position with both feet together and arms at each side. In one count, jump the feet wider and extend the arms around the sides to end overhead. In the next count jump the arms and feet back to the starting point. Repeat

**Running in Place** – Run, staying in place or in a small area. Make sure to keep pumping the arms as you would when running a distance.

**Hopping** – Both feet together, bend the knees and jump a short distance in the air, landing with bent knees as well. Repeat.

**Dancing** – Just dance! Have fun and free-style dance!

**Mountain Climbers** - Assume a push-up position with your arms straight and your body in a straight line from your head to your ankles. Without changing the posture of your lower back (it should be arched), raise your right knee toward your chest. Pause, return to the starting position and repeat with your left leg. That's one rep. Alternate until you've completed all your reps.

**Skipping** - Start by stepping forward with one foot, then hopping on that same leg. It helps to step on just the balls of your feet, keeping your heel lifted. Push off your ball and propel yourself forward a few inches as you jump. Land lightly with bent knees. Keep your abdominals tight and your chest up.

**High Knee Running** – Run in place, but lift your knees up high toward the chest.

**Monkeys** – Start with alternating your weight side to side into one hip and then the other. As you push into one side, the other knee bends and has almost no weight on it. At the same time, the opposite arm extends up overhead with the other arm down. Switch sides, then repeat.

**Fast Tick Tocks** – Start with one leg straight, supporting your body weight. The opposite leg is extended out to the side, off the ground. The arm of the side leg that

is extended is also extended in the same direction. Switch to the opposite side quickly. Repeat back and forth.

**Running with Heels Back** – Run in place while kicking your heels back toward your rear end.

**Acting Silly** – Just like it sounds! Have fun, run around and be silly!!!

**Criss-Cross** – With hands on your hips, stand straight with legs slightly wider than shoulder width. In one count, jump to a position with one leg crossing the other, both feet on the ground. In the second count, jump, returning to the starting position. Repeat with the opposite leg, then repeat back and forth.

**Players Choice** (make up your own) – Player gets to choose any sort of exercise they would like the group to complete.

### **Strength Exercises**

**Squats** - Stand straight with feet hip-width apart while tightening your abdominal muscles. Bend your knees and lower down (keeping your chest up and pushing back into your heels), as if sitting in an invisible chair. Straighten your legs to lift back up. Repeat the movement.

**Good Mornings** – Start in a standing position with feet straight under your knees. Keeping your back and knees straight, bend at the hip hinge forward until you are parallel to the ground. Return to starting position. Make sure to keep abdominals tight the entire time. Repeat.

**Push-Ups** - Get down on all fours (or with legs extended with toes on the floor), placing your hands slightly wider than your shoulders. Straighten your arms and legs. Lower your body until your chest nearly touches the floor. Pause, then push yourself back up. Repeat.

**Supermans** - Lie face down on a mat with your arms stretched above your head (like Superman). Raise your arms and legs a few inches off the ground (or as far as you comfortably can). Hold for 3 seconds and relax. Repeat.

**Balance on one foot** – Start in a standing position with feet straight under the knees. With chest up and holding in the abdominals, lift one foot off the ground, holding for the counts denoted. Repeat on the other side.

**Cat & Cow** - Start on your hands and knees with your wrists directly under your shoulders, and your knees directly under your hips. Point your fingertips forward. Place your shins and knees hip-width apart. Center your head in a neutral position and soften your gaze downward. Begin by moving into Cow Pose: Inhale as you drop your belly towards the mat. Lift your chin and chest, and gaze up. Broaden across your shoulder blades and draw your shoulders away from your ears. Next, move into Cat Pose: As you exhale, draw your belly to your spine and round your back toward the ceiling. The pose should look like a cat stretching its back. Release the crown of

your head toward the floor, but don't force your chin to your chest. Inhale, coming back into Cow Pose, and then exhale as you return to Cat Pose

**Chest Fly** – Laying on the floor with bent knees. Start with arms extended out to the side, just level or slightly below the shoulder height. With palms facing upward, squeeze the arms together toward the midline of the chest. Slowly release back to the start position.

**Toe Raises** – Start in a standing position with feet straight under the knees. With heels straight behind the toes, lift tall with heels off the ground on to the balls of the feet. Return slowly to the starting position. Repeat.

**Plie Squats** – Start with feet slightly wider than the shoulders, toes turned outward about 45 degrees. Keeping the chest up, bend at the knees and the hips, pushing the rear-end back like you are going to sit into a chair. Squeeze your legs back to the starting position. Repeat.

**Lunges** - Stand with your feet shoulder's width apart, spine long and straight, shoulders back, gaze forward. Step forward with one leg into a wide stance (about one leg's distance between feet) while maintaining spine alignment. Lower your hips until both knees are bent at approximately a 90 degree angle, keeping your weight in your back leg and front heel. Keep your chest upright. Push the front leg back to the starting point. Repeat with the other side. Repeat back and forth.

**Bicep Curls** – Start in a standing position with both feet directly under your knees, arms extended down the sides, palms facing forward. Keeping your elbows in tight at your side, bend the elbows, squeezing the arms and the palms toward the shoulders (keeping the elbows in the starting position). Slowly release the arms back to the starting point. Repeat.

**Tricep Presses** – Sitting on the floor with slightly bent (or off a stair), place your hands as close to your sides, even with your rear end. Push the arms straight to lift the rear end of the floor, then bend the elbows back to barely touch the floor with the rear end. Push the arms straight back to the starting point. Repeat.