



Sunday Fun Family Fitness 54 Card Workout Exercise Guide

Cardio Exercises –

Ace of Hearts	30 Seconds of Jumping Jacks
King of Hearts	30 Seconds of Running in Place
Queen of Hearts	30 Seconds of Hopping
Jack of Hearts	30 Seconds of Dancing
9 of Hearts	30 Seconds of Mountain Climbers
8 of Hearts	30 Seconds of Skipping
7 of Hearts	30 Seconds of High Knee Running
6 of Hearts	30 Seconds of Monkeys
5 of Hearts	30 Seconds of Fast Tick Tocks
4 of Hearts	30 Seconds of Running with Heels Back
3 of Hearts	30 Seconds of Acting Silly
2 of Hearts	30 Seconds of Criss-Cross
Ace of Diamonds	60 Seconds of Jumping Jacks
King of Diamonds	60 Seconds of Running in Place
Queen of Diamonds	60 Seconds of Hopping
Jack of Diamonds	60 Seconds of Dancing
9 of Diamonds	60 Seconds of Mountain Climbers
8 of Diamonds	60 Seconds of Skipping
7 of Diamonds	60 Seconds of High Knee Running
6 of Diamonds	60 Seconds of Monkeys
5 of Diamonds	60 Seconds of Fast Tick Tocks
4 of Diamonds	60 Seconds of Running with Heels Back
3 of Diamonds	60 Seconds of Acting Silly
2 of Diamonds	60 Seconds of Criss-Cross
Joker	Players Choice (make up your own)



Sunday Fun Family Fitness 54 Card Workout Exercise Guide

Strength Exercises –

Ace of Clubs	8 Squats
King of Clubs	8 Good Mornings
Queen of Clubs	8 Push-Ups
Jack of Clubs	8 Supermans
9 of Clubs	8 Balance on one foot (count to 8 each side)
8 of Clubs	8 Cat & Cow
7 of Clubs	8 Chest Fly
6 of Clubs	8 Toe Raises
5 of Clubs	8 Plie Squats
4 of Clubs	8 Lunges
3 of Clubs	8 Bicep Curls
2 of Clubs	8 Tricep Presses
Ace of Spades	12 Squats
King of Spades	12 Good Mornings
Queen of Spades	12 Push-Ups
Jack of Spades	12 Supermans
9 of Spades	12 Balance on one foot (count to 8 each side)
8 of Spades	12 Cat & Cow
7 of Spades	12 Chest Fly
6 of Spades	12 Toe Raises
5 of Spades	12 Plie Squats
4 of Spades	12 Lunges
3 of Spades	12 Bicep Curls
2 of Spades	12 Tricep Presses
Joker	Players Choice (make up your own)