

UNO HOME FITNESS!

EQUIPMENT

Deck of UNO Cards

OBJECTIVE

Collect as many cards as possible in a set time period

RULES

1. Play by yourself or with as many people that want to participate.
2. Keep the cards in a pile.
3. The first person takes a card and does the exercise and the number of repetitions (example: a yellow 5= 5 jumping jacks).
4. The next player immediately takes a card and does the exercise.
5. Once a player is finished they may grab another card.
6. Play continues until all the cards are gone or time is up (5-10 minutes).
7. Whoever has the most cards wins!!!

CARDS



JUMPING JACKS



TAKE 2 CARDS AND DO THE EXERCISES



JUMP TWISTS



TAKE 4 CARDS AND DO THE EXERCISES



SIDE HOPS



JOG BACKWARDS AROUND THE ROOM



BURPEES



5 PUSH-UPS



SKIP AROUND THE ROOM

