Wey Stage One Deck of Cards Workout





Jog on the spot



Throw and catch a ball.



Balance on one leg



Star jumps

Special Cards

The Rules:

- Each of the four suits in a deck of cards represents a different exercise, and the card value equals the number of repetitions.
- Each card drawn must be completed by the contestants before moving on to the next.
 30-second rests are allowed in-between cards.
- Two or more people compete to see who can last the longest. The deck will be recycled until there is only one person left.



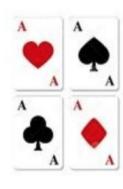
Choose your own action.



Choose your own action.



Hop on one leg until it's your turn again



Draw 4 cards and do all activities