Activity Cards

Multiplayer Instructions:

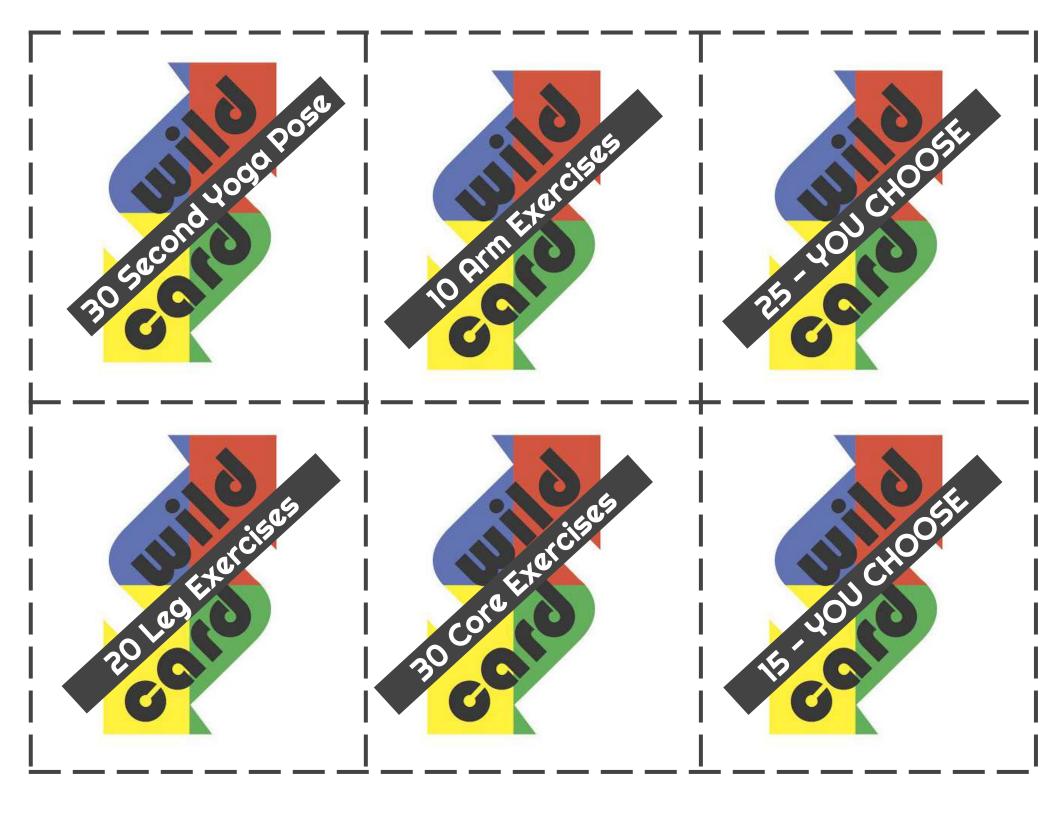
- 1) Print and cut out each of the activity cards. (Use cardstock for best results)
- 2) Spread them out face down on any flat surface.
- 3) Take turns picking cards and completing the activity.
- 4) Discard the complete cards into a discard pile.
- 5) Continue until all the cards have been pick.

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.



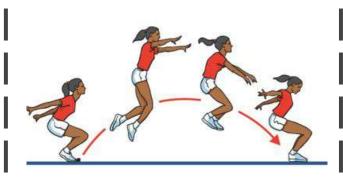
10 Hurdle Leaps



5 Standing Long Jumps







15 Ab Twist





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

