



**CHOOSE FROM 4 DIFFERENT WAYS TO PLAY!**

## **CONTENTS**

45 Exercise Cards  
6 Special Cards (*Superset, Circuit, Repeat*)  
3 Bonus Game Cards

### **1. BUILD A WORKOUT**

#### **RECOMMENDED FOR**

This is great for individuals who need ideas for workouts at home or at a hotel when traveling.

#### **PREPARATION**

A yoga mat for floor exercises. Recommended for resistance training: 1 pair of Dumbbells (5, 10, or 15 lbs.), and a Kettlebell.

Remove Bonus Game Cards and Special Cards. Shuffle exercise cards.

### **HOW IT WORKS:**

Deal yourself 4 cards. Arrange the exercises in an order you feel is best. Perform all exercises one after the other. This is your exercise circuit.

Got 10 minutes to spare? Repeat the circuit 3 times!

Got 30 minutes to spare? Perform your original circuit 3 times. Next, deal another 4 cards. Repeat the second circuit 3 times as well.

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## **2. ONE CARD AT A TIME**

### **RECOMMENDED FOR**

This is great for 2-4 individuals who need exercise ideas, and want to add a little fun to the experience. You never know when a “Special Card” will appear!

### **PREPARATION**

A yoga mat for floor exercises. Recommended for resistance training: 1 pair of Dumbbells (5, 10, or 15 lbs.), and a Kettlebell.

Remove Bonus Game Cards. **Keep Special Cards in deck.** Shuffle cards.

Set a timer for a 20 or 30 minute round.

### **HOW IT WORKS**

Entire deck is placed face down. Players take turns flipping one card over to reveal an exercise card. Everyone performs the exercise together. This is a great way to support your friends and family on their fitness journey!

If a Special Card appears follow the rules below:

## SPECIAL CARDS

**Repeat:** All players must repeat the previous exercise.

**Superset:** Player must choose two exercise cards from the deck. These exercises must be performed back to back by everyone. If one of the two cards is a Special Card, just put the Special Card aside, or place it back in the deck. The Superset should only consist of two Exercise Cards

**Circuit:** Player must select three exercise cards from deck and arrange selected cards as a circuit. Everyone performs the circuit. If another Special Card is picked up, just put it aside, or place it back in the deck.

## SPECIAL CIRCUMSTANCES

If any exercise is too difficult to perform:

Players may do a modified version of the exercise or swap card for another in deck. Swapping allowed only once per turn.

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## 3. FITNESS FACE OFF

### RECOMMENDED FOR

This is great for boot camp teams or 2-4 workout partners who enjoy a little healthy competition!

### PREPARATION

Best done in a large exercise area like a fitness studio, gymnasium, or outdoors. Some people may feel comfortable bringing a yoga mat for floor exercises. If enough equipment is available: dumbbells (5, 10, or 15 lbs.), and kettlebells can be helpful for resistance training.

Remove Bonus Game Cards and Special Cards. Shuffle remaining exercise cards.

Deal out 10 cards from the deck. Place all cards, exercises face down, in a straight line in the middle of the floor.

Divide participants into two teams and organize one team on either side of the line of cards. Each team should be an equal distance from the "line".

## PLAYING THE GAME

At a designated leader's command (the word "go", or a whistle blow) one runner from each team must run to the card line and pick up one card and bring it back to his/her team. The team performs the selected exercise together. Once finished, a runner must return to the line as quickly as possible to pick up another card for the team. Repeat until all cards are taken from the line.

When all cards are taken from the line, the round is over. Deal 10 more cards to create a new "line" and start a new round. A full game can last between 3 and 5 rounds.

**SPECIAL NOTE:** Exercises are done only for reps of 10, and all timed exercises are for 20 seconds during this round! Do not follow the "reps" and "seconds" listed on the individual cards!

## OBJECTIVE

Be the team that completes the most cards and/or generates the most points. Points can be calculated using the numbers at the bottom each card.

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## **4. BONUS CARD GAME: SPELL A WORD, BUILD A WORKOUT!**

### RECOMMENDED FOR

Especially great for children ages 10 and up. It encourages literacy, creativity, and physical fitness at the same time. Adults who have busy schedules with only 15 minutes for exercise can take advantage of this as well.

### PREPARATION

This game involves only the three white cards labeled "Bonus Card Game".

### PLAYING THE GAME

Simply choose a word or phrase of the day! A word/phrase that has some significance is best. Find the exercises designated for each letter in your word. Complete each exercise as you spell out the word/phrase. Words and phrases should be no less than 5 letters.

Here are some examples:

- "Elephant" (or any other animal)
- "Happy Birthday" or some other celebratory event

- "Monday" (or whatever day of the week it is)
- "French Fries" (or another food you have eaten and need to burn the calories)
- "Awesome Job" (or some other positive reinforcement phrase)
- "Vacation", "Wedding" or some other upcoming event tied to your fitness goals
- Spell your name or a family member's name. First, Last, or Full Name!

To make it more unpredictable and fun, have everyone in a group choose a short word, and exercise together until all words are completed!