



# All Decked Out

## Materials needed:

- **One standard deck of cards**

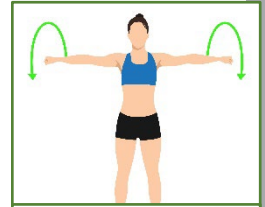
## Instructions:

- Start with a regular deck of cards. Each card will correspond to an exercise
- Have participants stand in a circle
- Complete the number of repetitions of the exercise that is shown on the card (i.e. 5 of hearts= 5 butt kicks)
- Have the next participant draw a card and continue

<b>Clubs</b> (Ace -10)	Arm Circles
<b>Clubs</b> (Face cards)	Squats
<b>Hearts</b> Ace -10	Butt Kicks
<b>Hearts</b> Face Cards	Jumping Jacks
<b>Diamonds</b> Ace-10	Knee Raise
<b>Diamonds</b> Face Cards	Windmills
<b>Spades</b> Ace -10	Lateral Steps
<b>Spades</b> Face Cards	Deep breaths, <i>breathe in through the nose and out through the mouth</i>

### Arm Circles

Start with feet hip-width apart. Extend arms sideways at shoulder height. Make slow forward circles. Reverse direction.



### Squats

Stand with feet a little wider than hip-width apart. Push hips back. Bend at knees to a sitting position. Press into heels and straighten legs to return to a standing position.



### Butt Kicks

Start with feet hip-width apart. Lift your right heel of the floor towards your glutes (butt). Return ball of the foot to the ground and repeat with the other foot.



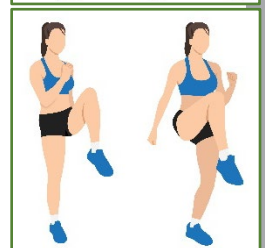
### Jumping Jacks

Stand with feet together and hands at your side. Jump your feet out to your body's side and swing your arms out to the sides and above your head simultaneously. Reverse the movement to land in the starting position.



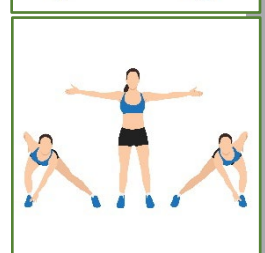
### Knee Raise

Start with feet hip-width apart. Raise one knee up in front of you until your thigh is parallel to the ground. Return to starting position. Repeat with the other knee.



### Windmills

Start with feet hip-width apart and arm stretched out to the sides. Bending at the knee, reach down and touch the right hand to the left foot. Return to the starting position and repeat on the other side.



### Lateral Steps

Start with feet a little wider than shoulder-width apart and arms above your head. Take a big step back with your right leg, crossing it to the left behind your body, and bring your arms back behind you. Return to starting position and repeat on the other side.



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