






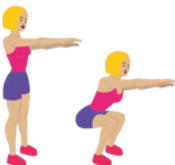
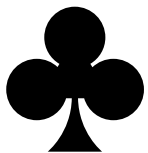



- Choose a card
- Do the movement for that suit as many times as the number of the card  
(e.g. 7 of clubs = 7 jumping jacks)

Suit	Movement
	 <b>Bounce</b>
	<b>Twists</b> 
	 <b>Split Bounce</b> (opposite arm with opposite leg, then switch)
	<b>Jumping Jacks</b> 
<b>Jack</b>	Stretch up high for 6 seconds
<b>Queen</b>	Shake your whole body for 6 seconds
<b>King</b>	March on the spot for 6 seconds
<b>Ace</b>	Rest for 6 seconds
<b>Joker</b>	Stand on one leg for 6 seconds







- Choose a card
- Do the movement for that suit as many times as the number of the card  
(e.g. 7 of clubs = 7 jumping jacks)

Suit	Movement
	 Arm circles
	 Air punches
	 Squats
	 Jumping jacks
Jack	Rest for 6 seconds
Queen	Stretch your arms up for 6 seconds
King	March on the spot for 6 seconds
Ace	Shake your whole body for 6 seconds
Joker	Stand on one leg for 6 seconds



- Choose a card
- Do the movement for that suit as many times as the number of the card  
(e.g. 7 of clubs = 7 jumping jacks)

Suit	Movement
	
	
	
	
Jack	
Queen	
King	
Ace	
Joker	