



## ACTIVITIES AT HOME

### Deck of Cards Workout

Grab a deck of cards for this easy and family-friendly activity. Each suit represents an exercise and the numbered cards represent how many repetitions you will complete of the exercise. Take turns allowing each person to select a card and do the movements. Add an extra layer and challenge by playing a card game like Go Fish or Crazy 8s and completing the exercises during game play.



*PUSH-UPS*



*SQUATS*



*JUMPING JACKS*



*LUNGES*

Face cards equal the following repetition values:

**Jacks:** 15

**Queens:** 20

**Kings:** 25

**Aces:** 30



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