

POKÉMON Fitness Deck

Goal: Practice **Muscular Endurance** activities at home. Let's Level up!

What you need: 1. A deck of cards, take out Queens, Aces and 8's of each suit. Total of 12 cards. 2. This image. 3. An open space to exercise. 4. A timer or count for yourself. 5. Ask a family member to play, the more players equals more fun.

How to play: Have a family member hide the cards in the room or outdoor spot you are playing in. As you find a card, do that exercise. Each suit represents a different exercise. The number tells you how many or how long. Face cards=10 Aces=30. Can you find all 12 cards?



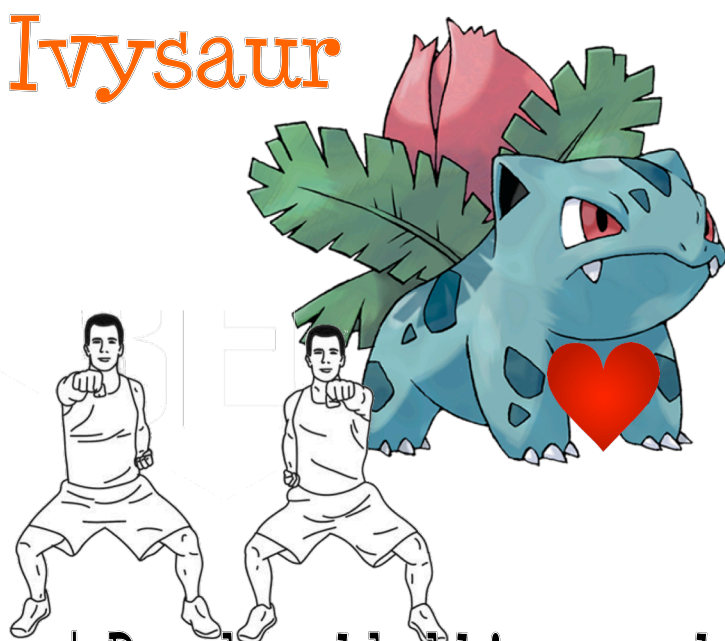
Raichu

Plank hold in seconds.



Wartortle

Superman hold in seconds.



Ivysaur

Squat Punch and hold in seconds.



Charmeleon

V-hold in seconds.