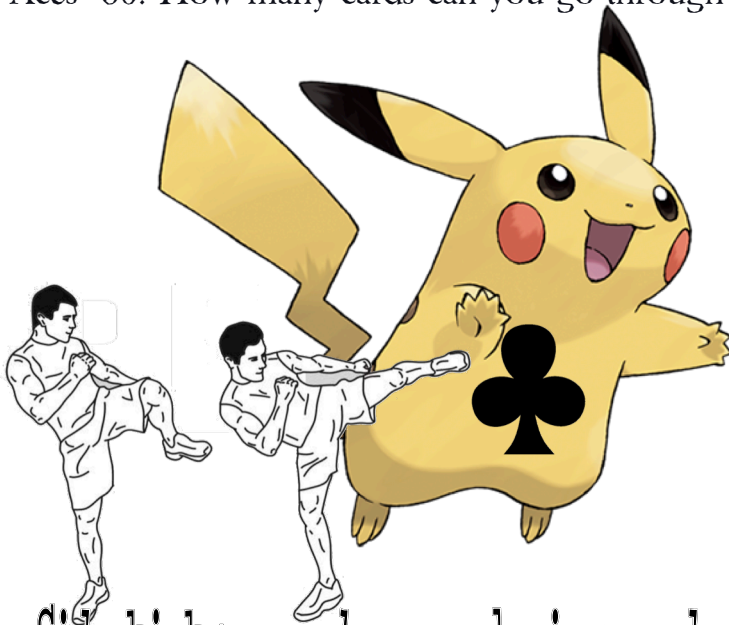


# POKÉMON Fitness Deck

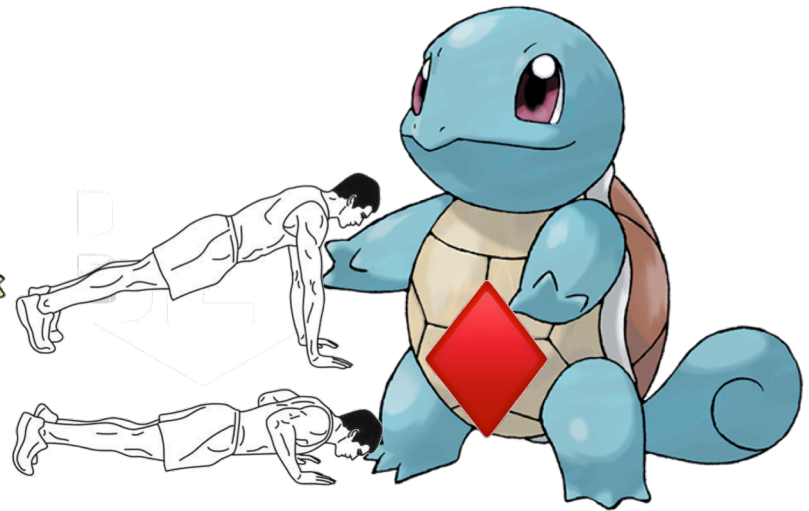
**Goal:** Practice **Muscular Strength** activities at home.

**What you need:** 1. A deck of cards. 2. This image, make a copy of it, do a screenshot, or write down what exercise you do for each card suit. 3. An open space to exercise. 4. Play with a family member, more players equals more fun.

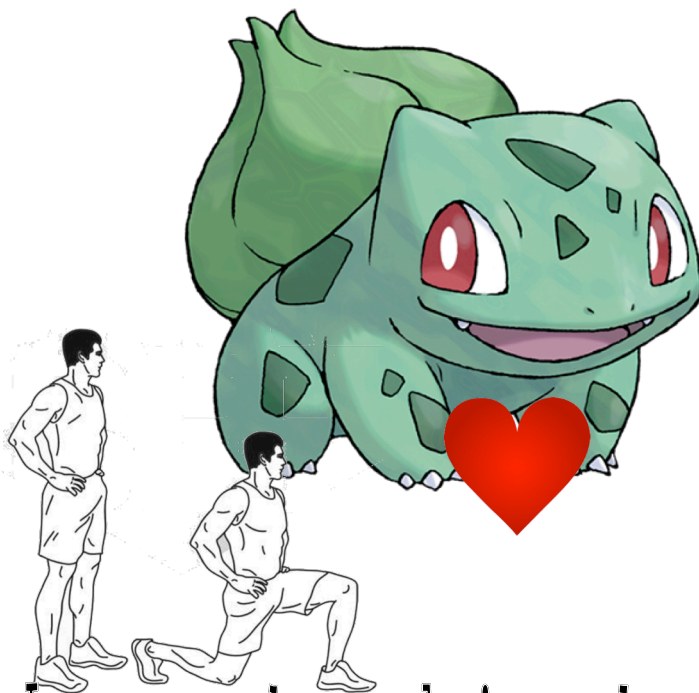
**How to play:** Shuffle cards. Place your deck of cards, face down. Draw a card and place it face up. The suit represents the exercise. The number tells you how many. Face cards=10 Aces=30. How many cards can you go through in 10 minutes?



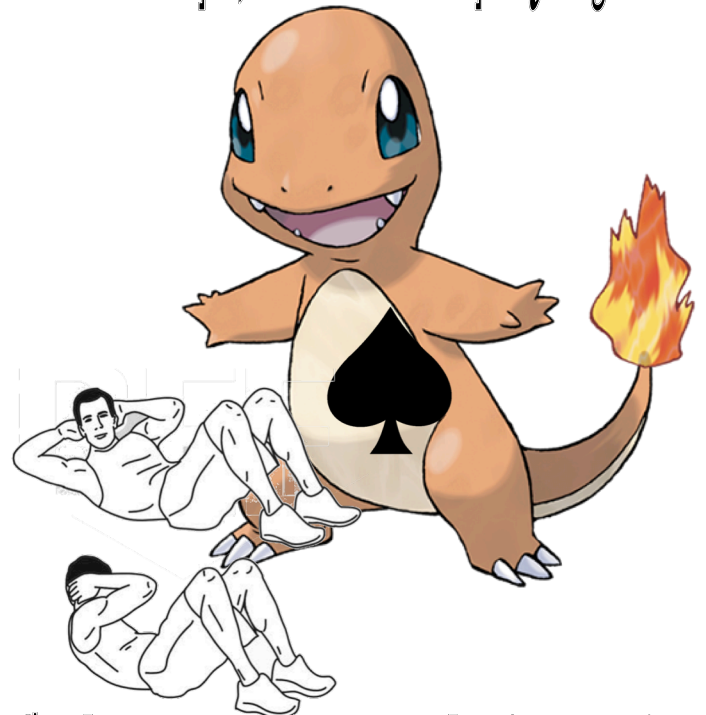
Side kicks, number on playing card.



Push-ups, number on playing card.



Lunges, number on playing card.



Curl-ups, number on playing card.