

# Family Card Workout

Directions: Cut the cards out and put them in a jar or a plastic bag. Have a family member pull out a card and together as a family do the exercise together.

**PAT YOUR HEAD  
AND RUB YOUR  
TUMMY**

**PRETEND YOU  
ARE A MONKEY**

**DO 10  
JUMPING JACKS**

**DO THE "BEAR  
CRAWL"**

**DO THE "CRAB  
WALK"**

**JUMP AS HIGH AS  
YOU CAN**

**ROAR LIKE A  
LION**

**PRETEND YOU  
ARE A DOG**

ACT LIKE YOUR  
FAVORITE  
ANIMAL

PLAY CATCH  
WITH A PAPER  
BALL

WALK LIKE A  
DUCK

SKIP AROUND  
THE ROOM

JUMP 10 TIMES  
OVER A SHOE

DO 5 BURPEES

PRETEND YOU  
ARE A BIRD

DO A WALL SIT  
FOR 30 SECONDS

DO 5 FROG JUMPS

DO 5 STAR JUMPS

HOP ON 1 FOOT  
15 TIMES

PRETEND TO  
MAKE SNOW  
ANGELS

DO 3 PUSH UPS

DO 5 SQUATS

PRETEND YOU  
ARE AN  
ELEPHANT

DO 10 TOE  
TOUCHES

PRETEND YOU  
ARE A CHICKEN

DO 10 SIT UPS

RUN IN PLACE  
FOR 1 MINUTE

MOVE LIKE A  
SLOTH