

Fitness memory

Directions: Print and cut out the 32 memory fitness cards. Shuffle and turn all the cards face down. One at a time flip over two cards. If the two cards match, remove the two cards from the playing area and complete the exercise on the cards. If they do not match, flip the cards back over. The player with the most matches when all the cards are gone WINS!



30 Seconds
Pike Stretch



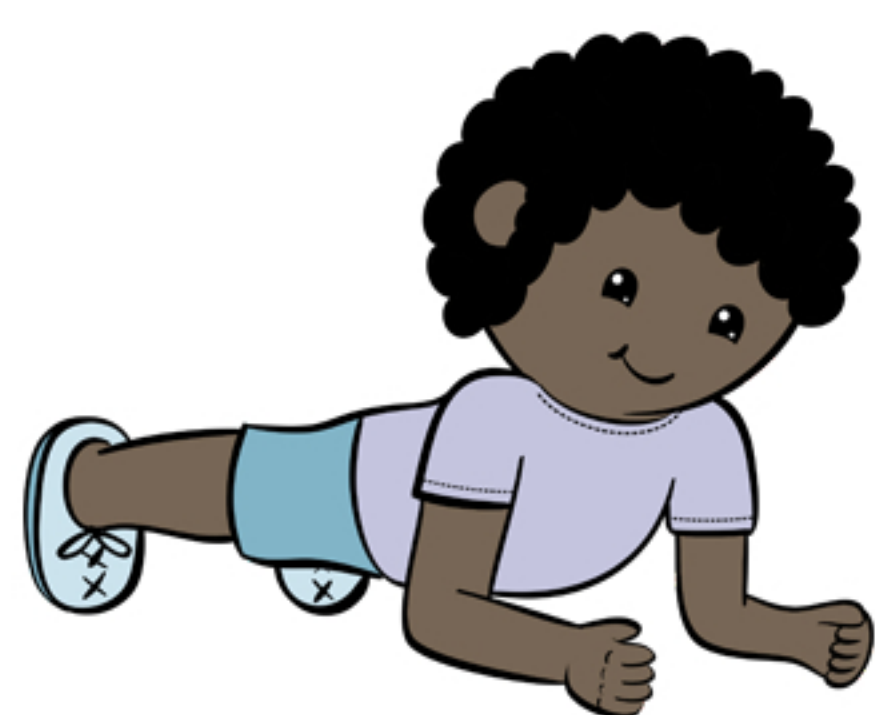
30 Seconds
Pike Stretch



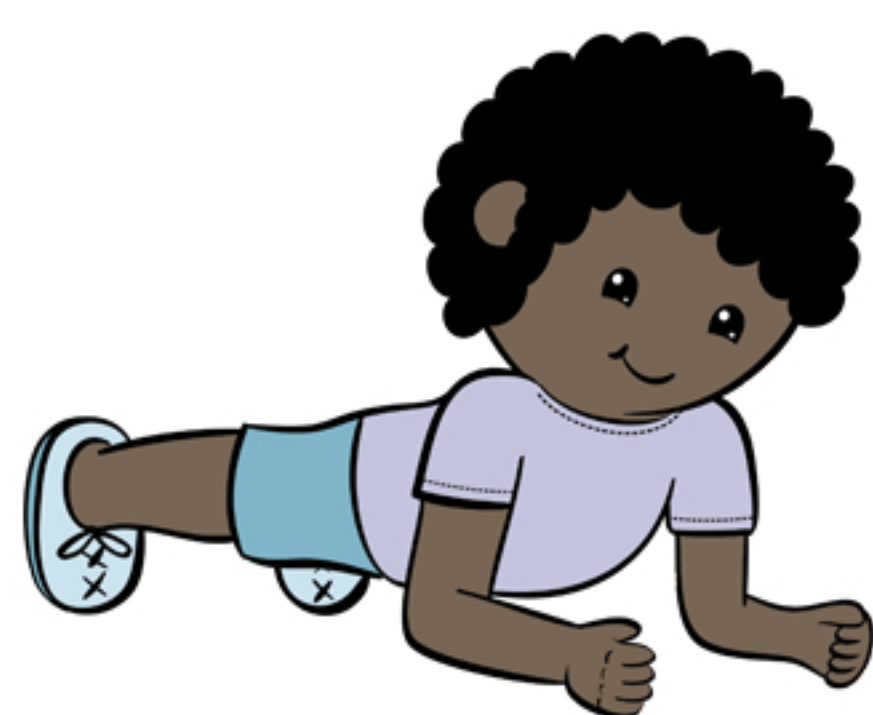
10 Jumping
Jacks



10 Jumping
Jacks



20 Seconds
Plank Hold



20 Seconds
Plank Hold



10 Sit-Ups



10 Sit-Ups



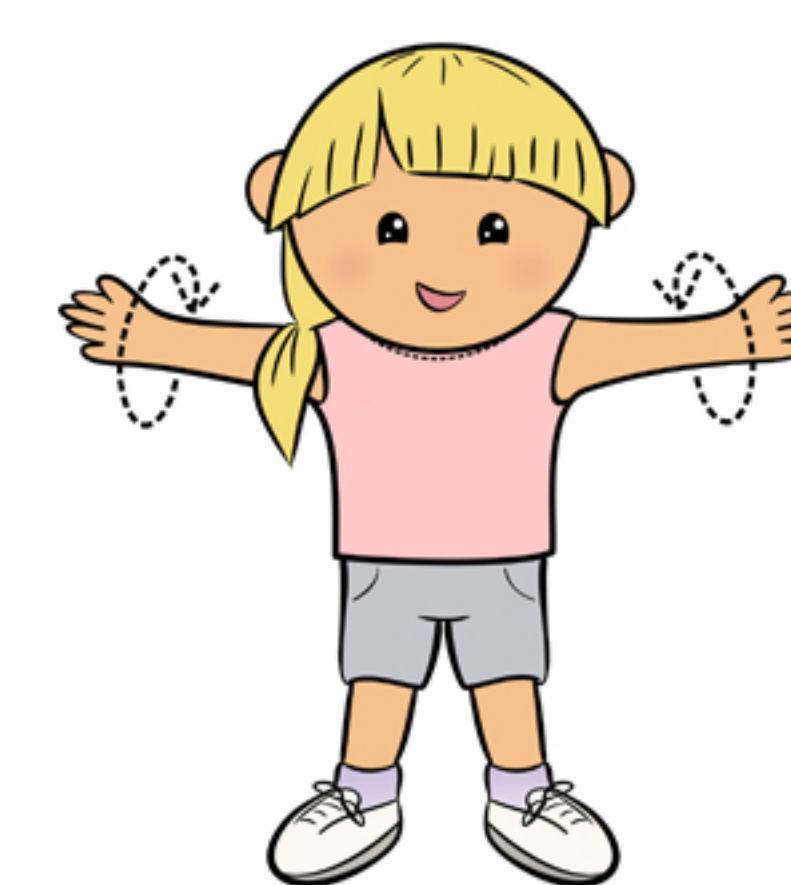
10 Lunges



10 Lunges



20 Arm
Circles



20 Arm
Circles



20 Seconds
High Knees



20 Seconds
High Knees



30 Seconds
Butterfly



30 Seconds
Butterfly

Fitness memory



30 Seconds
Straddle



30 Seconds
Straddle



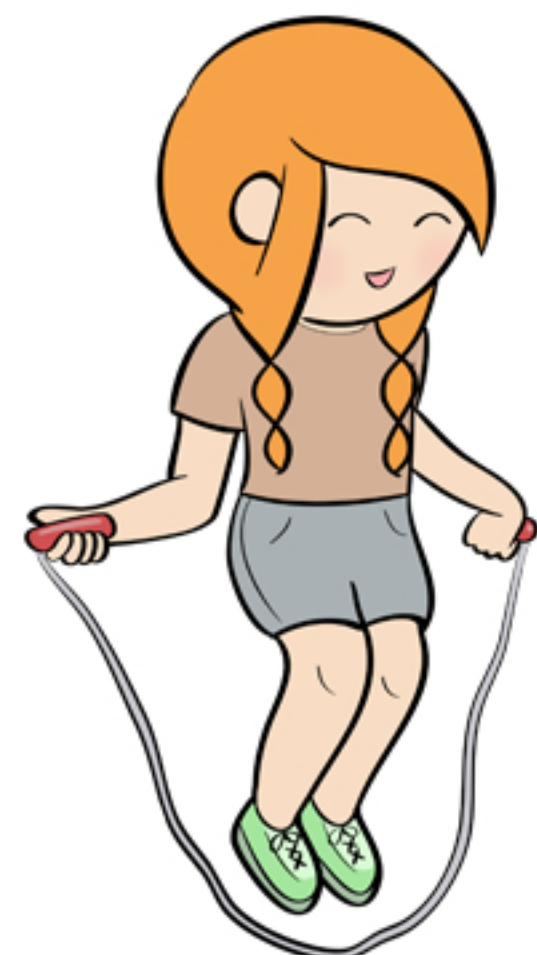
10 Squats



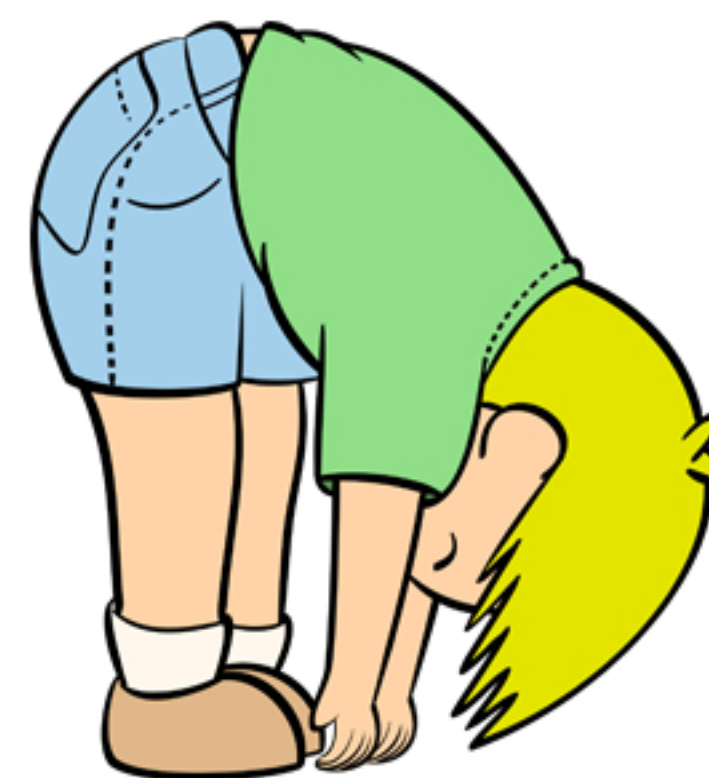
10 Squats



20 Seconds
High Jumps



20 Seconds
High Jumps



30 Seconds
Toe Touch



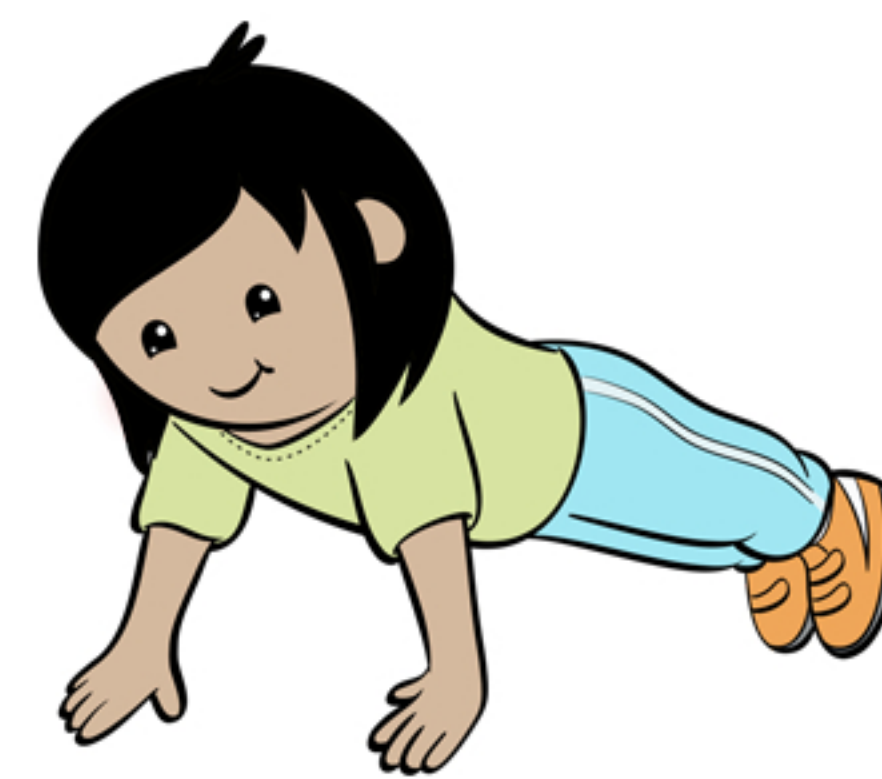
30 Seconds
Toe Touch



20 Seconds
Jog In Place



20 Seconds
Jog in Place



10 Push-Ups



10 Push-Ups



20 Seconds
Squat Hold



20 Seconds
Squat Hold



20 Seconds
Crunch Hold



20 Seconds
Crunch Hold