Fitness Uno

Fitness uno is a great way to create a fun and varied workout for a larger group of people. It uses the deck from the card game UNO but could be done using a regular deck with some modifications.

Instructions for play:

- Each player is dealt 7 cards (players can look at their cards and arrange them as they like)
- Players take their stack of cards and form a circle. They pace their stack of cards face down on the floor in front of them
- To start play, the first player (the youngest person in the group) flips his/her top card over and places it where it is visible to all players
- The colour of the card determines which exercise will be done, the number on the card determines how many reps of each exercise will be done. (see legend below)
  
  NOTE - Everyone does the exercise, not just the person whose card it is.
- Play continues in a clockwise direction around the circle.
- If a wild card appears everyone does 10 burpies
- If a +2 or +4 appears the person must run to the back table and pick up that number of cards while the rest of the players do 10 jumping jacks.
- If a miss a turn card appears the next person in the circle misses his/her turn to flip a card and everyone must do 10 surrenders
- If a reverse direction appears the order of play reverses and everyone must to 10 reverse lunges
- When a player has no more cards, he/she is free to stop exercising if he/she chooses
- Game play ends when all cards are gone.

<table>
<thead>
<tr>
<th>Jump Squats</th>
<th>Lunges</th>
<th>Push-ups</th>
<th>Crunches</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wild Card</td>
<td>Switch Direction</td>
<td>Skip a turn</td>
<td>+2 or +4</td>
</tr>
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</table>

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