



Wild Card

Wall Sit
1 minute

Wild Card



Wild Card

30 Crunches

Wild Card



Wild Card

Elbow Plank
1 minute

Wild Card



8



Calf Raises



8

8



Push Ups



8

8



Burpees



8

8



Squat Jumps



8

8



Donkey Kicks
(both legs)



8

8



Jumping
Lunges



8

8



Side Plank
Pass-Throughs
(each side)



8

8



Laying Leg
Raises
(each side)



8

8



Side Plank
Pass-Throughs
(each side)



8

10



Mountain
Climbers
(10 each side)



10

10



Squat Jumps



10

10



Laying Leg
Lifts
(10 each side)



10

10



Butt Kicks



10

10



Tricep Push
Ups



10

10



Supermans



10

10



Lateral Raises



10

10



Bicep Curls
(10 each side)



10

10



Pike Pushups



10

10



Overhead
Press



10

10



Bent Over
Flies



10

10



Bent Over
Rows



10

10



Tricep
Kickback
(10 each side)



10

10



Jumping
Jacks



10

10



High Knees



10

12



Burpees



12

12



Mountain
Climbers



12

12



Arm Circles



12

12



Jumping
Lunges
(Alternating)



12

12



Side Plank
Pass-Throughs
(each side)



12

12



Alternating
Side Lunges
(12 each side)



12

12



Squat to
Overhead
Press



12

12



Inchworms



12

12



Reverse
Crunches



12

Wildcard Workout Game

Instructions

1. Print pages.
2. Cut out cards (lamineate if you want to reuse the game cards).
3. Shuffle the deck!
4. Set a timer for your desired workout time. (Ex. 30 minutes)
5. Pick a card at random and perform the exercise listed for the number of reps on the card.
6. Continue working your way through the deck until the timer beeps!

Note: Most exercises are bodyweight only, but some do require a set of dumbbells. If you don't have any, remove those exercises from the deck for now.

Tip: Exercises are intended to be performed on both sides. Example: If you pull a card that says "8" and "lunges," you must perform 8 lunges for each leg.

