

BUILD EM UP *Cards*



Build Em Up Cards

Instructions

Objective:

It is a team-based game where participants collect playing cards by running to a deck placed at a distance and performing exercises corresponding to each card. The goal is to accumulate the highest number of cards and complete the associated exercises within a set timeframe or before the deck runs out.

Players:

Divided into two or three teams.

Materials:



- A deck of playing cards.
- An open space for running and exercise.

Setup:

Place the deck of cards about 50 meters away from the teams. Teams start in a static hold position.

Gameplay:

- Card Collection: One member from each team runs to the deck, grabs the top card, and returns to their team.
- Exercise Challenge: The team performs the exercise assigned to that card. Each subsequent card collected adds to the exercise list, accumulating as the game progresses.


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- Static Holds: Teams maintain static holds while waiting for their turn to collect cards.
 - Joker Card: If a joker is drawn, the team performs a penalty exercise and discards the card.
 - Rotation: Team members take turns running to collect cards.

Winning the Game:



The team that accumulates the most cards by the end of the timeframe or upon completion of the deck wins.

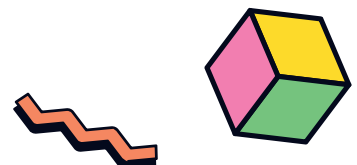
Variations for Different Settings:

- Fitness Edition: Introduce varied and challenging exercises for each card.
 - Children's Edition: Use more straightforward exercises and shorter distances for running.
 - Team Building Edition: Focus on coordination and encouragement among team members.
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Additional Notes:



- Build Em Up Cards is an energetic game combining physical activity and strategic team play.
- It encourages teamwork, fitness, and quick thinking.
- The game is adaptable for various group sizes and fitness levels, making it suitable for a wide range of participants.



Build em up cards fitness

Exercise list

Card	Exercise
2	10 mountain climbers
3	10 beetles
4	10 alternate lunge jumps
5	10 dips
6	10 Russian twists
7	10 leg raises
8	10 donkey kicks
9	10 commandos
10	10 plank jacks
J	10 pistol squats (5 each leg)
Q	10 push ups
K	10 sumo squat jumps
A	10 squat thrusters
Joker	5 burpees and a 200m run

Suggested static holds (while rolling)

Plank	V-sit	Sumo squat hold
Beetle hold	Push up hold	Leg raise hold
Squat hold	Lunge hold	Military press hold