

# FULL DECK

Flip

# Full Deck Flip

## Instructions

### Objective:

Full Deck Flip is a fast-paced fitness challenge where participants use a deck of playing cards to determine their exercises. Each suit represents a different exercise, and players aim to complete the entire deck as quickly as possible.

### Players:

Playable individually, in groups, or as a challenge against others.

### Materials:


- A standard deck of playing cards.
- Space for physical activity.

### Setup:

Shuffle the deck of cards and place it within easy reach of participants.

### Gameplay:


- Card Flip: Players flip over cards one at a time and perform the exercise associated with the suit of the card.
- Exercise Assignments: Each suit corresponds to a different exercise:
  - Hearts: Push-ups
  - Diamonds: Squat Thrusters
  - Spades: Sit-ups
  - Clubs: Squats
- Jokers: Special exercises are assigned for Jokers like 15 squat jumps or a 400-meter run.

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- Cycle Through Deck: The goal is to complete the exercises for each card in the deck.


## Winning the Game:

The challenge is to finish the entire deck as quickly as possible.

## Variations for Different Settings:

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- Fitness Edition: Adjust the number of repetitions or types of exercises to suit fitness levels.
  - Team Edition: Teams can divide the deck and share the exercises among members.
  - Time Challenge: Record the time taken to complete the deck and try to beat personal or group records in subsequent rounds.

## Additional Notes:

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- Full Deck Flip is an excellent way to incorporate variety and unpredictability into a workout.
  - It's a fun and engaging challenge that can be adapted for different skill levels and group sizes.
  - The game adds a playful competitive element to fitness routines, suitable for all ages.
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