CARD
Golf

Card Golf

Instructions

Objective:

It is a fun and engaging game that combines elements of golf with playing cards, challenging players to predict card values and calculate score differences. The goal is to achieve the lowest score over nine or eighteen 'holes' (card turns), with a physical exercise corresponding to each stroke.

Players:

Playable individually, in pairs, or in groups of four.

Materials:

- A deck of playing cards.
- A space for physical activities.

Setup:

Decide whether to play nine or eighteen holes. Distribute the deck of playing cards among players or teams.

Gameplay:

- Guessing Card Values: Players predict the value of the top card on the deck and then flip it over.
- Scoring:
  - If the guess is correct, the player scores zero for that hole.
  - If incorrect, the score is the numerical difference between the guessed value and the actual card value.
  - Aces count as one, picture cards as eleven, and others are at face value.

- Physical Exercise: After each turn, players perform one burpee (or a selected exercise) for each stroke counted in their score.
- Game Progression: Continue the process for the determined number of holes.
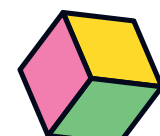
Winning the Game:

After completing the set number of holes, the player or team with the lowest total score wins.

Variations for Different Settings:

- Fitness Edition: Vary the exercises for each hole, including squats, lunges, push-ups, etc., to provide a full-body workout.
- Children's Edition: Simplify the scoring system and use fun, kid-friendly exercises.
- Team Building Edition: Encourage team strategies in guessing and support during exercises.

Additional Notes:

- Card Golf is a unique blend of mental and physical challenges, encouraging strategic thinking and physical fitness.
- It's a versatile game that can be adapted for different group sizes, ages, and fitness levels.
- The game adds a playful competitive element to fitness routines, making it a fun choice for various settings.