




REGULAR CARDS: THE COLOR OF THE CARD TELLS YOU WHAT EXERCISE TO DO.

THE NUMBER TELLS YOU HOW MANY TO DO!

RED	PUSH UPS
GREEN	JUMPING JACKS
BLUE	SQUATS
YELLOW	CRUNCHES

SPECIAL CARDS : THE SPECIAL UNO CARDS HAVE SPECIAL INSTRUCTIONS!

	SKIP THE EXERCISE OF THAT COLOR BUT DRAW 2 MORE CARDS & DO BOTH OF THOSE!
	GO BACK AND DO YOUR LAST CARD OVER AGAIN!
	SKIP THE EXERCISE – TAKE A SIP OF WATER INSTEAD!
	DRAW 4 MORE CARDS & DO ALL OF THOSE EXERCISES!
	STUDENT CHOICE!