

52 CARDS TO FIT

Split a deck of cards in half. In the 1st half, flip the top card over. Perform the designed exercise with the # on the card. Continue with other cards until 1st half deck is gone.

Move to the 2nd half and complete with 2nd set of exercises.

1-10=#, Jack=11, Queen=12, King=13, Ace=14

1ST HALF OF DECK



SHOULDER PRESSES



SUMO SQUATS
WITH UPRIGHT ROWS



SIDE PLANK WITH HIP DIPS



BURPEES

2ND HALF OF DECK



LATERAL RAISES



CURTSY LUNGES



SIT UP & REACH



HIGH KNEES

JOKERS = 1-MINUTE PLANK

Igym Get Fit Work Out Cards User Guide

**Aerobics and Fitness Association of
America**



Igym Get Fit Work Out Cards User Guide:

Flying Magazine ,1981-12 Fitness Gets Personal Aerobics and Fitness Association of America,1996 **Ring Fit Adventure Owner's Manual** Gladys E Omo,2020-03-11 If you have made up your mind to stick to the fitness goals that you have set for yourself the ultimate RPG which is easily accessible has provided enough exercises for you to use as workouts These work outs focuses on making exercise fun for you There would be no reason for you to stop when you are enjoying yourself This guide has been put together to introduce you to the basic things you need to know about the Ring Fit Adventure fitness exercise game I hope you find it useful The RPG game can be quite easy to start but difficult to get used to However keep it in mind that this could be your first step on a journey to enjoying better health *Ring Fit Adventure User Guide* Chris Kel,2020-03-17 Ring Fit Adventure is an RPG that has you exploring worlds gathering gold coins and defeating monsters all accomplished through the power of exercise To get around the world you need to either jog in place or perform squats To gather coins you need to squeeze or pull the Ring con Ring Fit Adventure was designed carefully with some of the best features of all of Nintendo s greatest hits Back when the original Wii was in the spotlight Wii Fit saw millions of users buying into the idea of workingMost exercises require that you go hard with this Ring Con with much pulling and stretching but it held up to all the pressure In this guide you will learn much about RING FIT ADVENTURE REVIEW TWO WEEKS WITH NINTENDO S CHARMING EXERCISE RPG Beginner Tips for Fun New Year Fitness Ring Fit Adventure Guide How To Set Up Ring Fit Adventure Ring Fit Adventure Beginner Tips RING FIT ADVENTURE REVIEW NICHE GAMER RING FIT ADVENTURE UNDERSTANDS THE SHAME AND FEAR OF EXERCISING FIT ADVENTURE REVIEW THREE MONTHS LATER HOW A VIDEO GAME MADE ME LESS LAZY and much more

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