

EXERCISE CARDS

PRINT AND CUT OUT EACH CARD FEATURING A COMBINATION OF TWO NUMBERS
AND A SPECIFIC EXERCISE.

1 AND 1
20 MOUNTAIN
CLIMBERS



1 AND 2
20 PUSH UPS



1 AND 3
20 BEETLES



1 AND 4
20 SUMO
SQUAT JUMPS



EXERCISE CARDS

1 AND 5
20 DIPS



1 AND 6
20 SIT-UPS



2 AND 2
20 BEAR
CRAWLS



2 AND 3
20 MILITARY
PUSH-UPS



EXERCISE CARDS

2 AND 4
20 LEG RAISES



2 AND 5
20 ALTERNATE
LUNGE JUMPS



2 AND 6
20
COMMANDOS



3 AND 3
20 RUSSIAN
TWISTS



EXERCISE CARDS

3 AND 4
20 SCOOTER
LUNGE JUMPS



3 AND 5
20 PISTOL
SQUATS



3 AND 6
20 GLUTE
RAISES



4 AND 4
20 STAR
JUMP SQUATS



EXERCISE CARDS

4 AND 5
10 SQUAT
THRUSTERS



4 AND 6
20 PLANK
JACKS



5 AND 5
20 DONKEY
KICKS



5 AND 6
20 SIT-UPS



EXERCISE CARDS

6 AND 6
20 FLAMINGO
SQUATS



1 AND 1
20 MOUNTAIN
CLIMBERS



1 AND 2
20 PUSH-UPS



1 AND 3
20 BEETLES



EXERCISE CARDS

6 AND 6
20 FLAMINGO
SQUATS



1 AND 1
20 MOUNTAIN
CLIMBERS



1 AND 2
20 PUSH UPS



1 AND 3
20 BEETLES



EXERCISE CARDS

1 AND 4
20 SUMO
SQUAT JUMPS



1 AND 5
20 DIPS



1 AND 6
20 SIT-UPS



1 AND 3
20 BEETLES



EXERCISE CARDS

2 AND 2
20 BEAR
CRAWLS



2 AND 3
20 MILITARY
PUSH-UPS



2 AND 4
20 LEG RAISES



2 AND 5
20 ALTERNATE
LUNGE JUMPS



EXERCISE CARDS

2 AND 6
20
COMMANDOS



3 AND 3
20 RUSSIAN
TWISTS



3 AND 4
20 SCOOTER
LUNGE JUMPS



3 AND 5
20 PISTOL
SQUATS



EXERCISE CARDS

3 AND 6
20 GLUTE
RAISES



3 AND 3
20 RUSSIAN
TWISTS



4 AND 4
20 STAR
JUMP SQUATS



4 AND 5
10 SQUAT
THRUSTERS



EXERCISE CARDS

4 AND 6
20 PLANK
JACKS



5 AND 5
20 DONKEY
KICKS



5 AND 6
20 SIT-UPS



6 AND 6
20 FLAMINGO
SQUATS

