

Blackjack

and fitness for teens



*The goal in Blackjack is to hit 21 without going over.
The cards are valued as follows:*

→ Ace = 1 or 11 points (player's choice) → 2 to 10 = face value → Jack, Queen, King = 10 points each

How to play: Turn two cards face up, tally the point value of the cards dealt and decide to "hit" (get another card) or "stay/stick." You may "hit" as many times as you like. The goal of the game is to get to 21 without going over. The final point value of the cards will determine what exercise you will perform for that round.

What's needed: A deck of cards and a safe, clear area to perform the exercises. **Important:** Listen to your body while exercising.

Take a break if needed, drink lots of water and remember to breathe!

11 points:

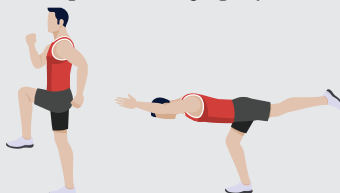
Elbow to knee



20 REPS

12 points:

One-leg balance + flying Superman



20 REPS

13 points:

Side lunges



20 REPS

14 points:

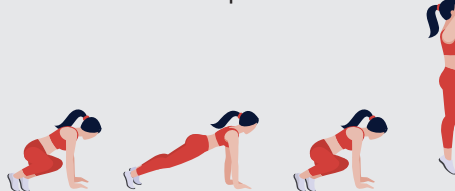
Leg curls



30 SECONDS

15 points:

Burpees



10 REPS

16 points:

Crunches



20 REPS

17 points:

Football run – on the spot



1 MINUTE

18 points:

Torso twists



10 SECONDS

19 points:

Jabs



10 REPS

20 points:

Forearm plank + knee bends
Alternate brief knee touch to the floor



45 SECONDS

21 points:

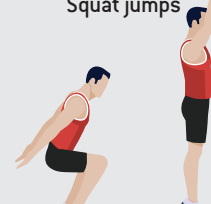
Your choice!



1 MINUTE

22 points (Bust!):

Squat jumps



10 REPS