

Blackjack

and fitness Seniors



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

→ 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:
Wrist extension

HOLD 10 SECONDS/SIDE

12 points:
One-leg balance

HOLD AS LONG AS YOU CAN, 2 TIMES/LEG

13 points :
Wall push-ups

10 REPS

14 points :
Neck rotations

6 REPS

15 points :
Sit and stand squat

AS MANY AS YOU CAN

16 points :
Squeeze and open fingers

20-RÉPÉTITIONS

17 points :
Heel raises

10 REPS

18 points :
Elbow-to-knee body

10 REPS

19 points :
Shadow boxing jabs

12 REPS

20 points :
Chest flys

8 REPS

21 points :
Player's choice!

1 MINUTE

22 points (échec!) :
Overhead stretch

5 REPS/SIDE