Pandemic PE – Sweat Deck Fitness 2020

Have a deck of cards and a backpack/weight? Let us add a little variety to your workout.

**Low Tech Instructions** – Find a deck of cards and organize so that just the following cards of every suit remain- 7, 8, 9 , 10 , Jokers (no jokers? Keep just a jack and a queen)

Do the number of repetitions of each exercise that corresponds to the number on the card.

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| **Suit for Round #1**  | **Exercise** |
| Spades | Lunges |
| Clubs | Burpees |
| Diamonds | Push ups |
| Hearts | Bear Crawls |
| Joker #1 | Front Plank for 25 seconds |
| Joker #2  | Side plank for 25 seconds on each side |

Flip the cards one by one and do the exercise prescribed by the suit as many times as the number on the card.

Gone through the cards? Shuffle them up, get a quick drink, and hit round #2!

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| **Suit for Round #2** | **Exercise** |
| Spades | Mountain Climbers |
| Clubs | One Arm Rows |
| Diamonds | Squats |
| Hearts | Sit Ups |
| Joker #1 | Front Plank for 25 seconds |
| Joker #2  | Side plank for 25 seconds on each side |

Not sure what some of these exercises are? Look to Ms. McWhinnie’s Youtube debut to see them in action! https://www.youtube.com/watch?v=-PK3WjCzLcg&feature=youtu.be

**High Tech Instructions** - Download the free app entitled ***Sweat Deck***.

*Watch the tutorial on Sweat Deck or look to Mr Kuc’s Youtube video via his Kucland website in google on how to set up the app.*

 ( https://studio.youtube.com/video/kvcdUSZ9ryg/edit ) or figure it out yourself.

**Round #1 -** Set up the four main exercises to be Lunges, Burpees, Push ups, and Bear Crawls, with the two jokers being side plank and front plank for 20 seconds.

Under settings have the card range go from 7-10 – Hit OK and get started.

Gone through the cards? Reset the exercises, get a quick drink, and hit round #2

**Round #2** - Mountain Climbers, Pull ups (we will do one arm rows but we are not paying for the Pro version to be able to do this!), Squats, and Sit Ups. Keep the planks for the jokers.

* **See page 2 below for graphic examples of some exercises:**
* If you have any questions after going through the instructions email your teacher.

  

   

  