




# ACTIVE BREAK: UNO WORKOUT ATTACK

## INSTRUCTIONS:

1. The number on the card outlines the reps required to be done
2. The colour of the card identifies the exercise to be performed
3. Pick up one card from the pile of number cards
4. Perform the required reps and exercise
5. Pick up one special card and play that for the next person

<u>Card type</u>	<u>Exercise/ Power</u>	
Blue Cards	Sit ups	
Red Cards	Push ups	
Green Cards	Inch Worm	
Yellow Cards	Squats	
<u>Special cards</u>		
+2	Add two more reps	
+4	Add four more reps	
Skip	Skips the next persons turn	
Reverse	Reverses and the player reversed must repeat their reps and exercise	
Pick up	Must perform one of each of he exercises above	