



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

52 Fitness

The focus of this activity is **CARDIOVASCULAR ENDURANCE**. Cardiovascular endurance (cardio for short) is the ability of the heart, lungs, and blood vessels to supply oxygen and nutrient to the muscles during long periods of exercise. Ready to build your cardiovascular endurance?! Pick a card and do the exercise!

- A – 20 Jumping Jacks <https://darebee.com/exercises/jumping-jacks.html>
- K – 15 Hop Heel Clicks <https://darebee.com/exercises/hop-heel-clicks.html>
- Q – 10 Mountain Climbers <https://darebee.com/exercises/climbers-exercise.html>
- J – 10 Crunches <https://darebee.com/exercises/crunches-exercise.html>
- 10 – Squats <https://darebee.com/exercises/squats-exercise.html>
- 9 – Arm Circles <https://darebee.com/exercises/raised-arms-circles.html>
- 8 – High Knees <https://darebee.com/exercises/high-knees.html>
- 7 – Calf Raises <https://darebee.com/exercises/calf-raises.html>
- 6 – Knee to Elbow <https://darebee.com/exercises/knee-to-elbows.html>
- 5 – Push Ups <https://darebee.com/exercises/push-ups.html>
- 4 – Lunges (4 each leg) <https://darebee.com/exercises/forward-lunges.html>
- 3 – Burpees <https://darebee.com/exercises/basic-burpees.html>
- 2 – Jog 2 Laps (or jog in place)

No deck of cards? No problem, create your own using the guide below!



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