Fitness Memory

Directions: Print and cut out the 32 memory fitness cards. Shuffle and turn all the cards face down. One at a time flip over two cards. If the two cards match, remove the two cards from the playing area and complete the exercise on the cards. If they do not match, flip the cards back over. The player with the most matches when all the cards are gone WINS!
Fitness Memory

- 30 Seconds Straddle
- 30 Seconds Pike Stretch
- 10 Squats
- 10 Squats
- 20 Seconds High Jumps
- 20 Seconds High Jumps
- 30 Seconds Toe Touch
- 30 Seconds Toe Touch
- 20 Seconds Jog In Place
- 20 Seconds Jog In Place
- 10 Push-Ups
- 10 Push-Ups
- 20 Seconds Squat Hold
- 20 Seconds Squat Hold
- 20 Seconds Crunch Hold
- 20 Seconds Crunch Hold