

The background is white with various colorful abstract shapes and patterns. There are blue, yellow, orange, and teal wavy shapes. Some shapes have diagonal lines or dots. There are also several solid circles in different colors (blue, orange, teal, green).

IMPACT
at HOME

**ACTIVITY
CARDS**



WITH A BUDDY

Finder's Keeper

WITH A BUDDY

INSTRUCTIONS

1. Both partners get into a plank position on forearms or on hands shoulder-width apart. Face each other.
2. Put a small object in between you and your buddy.
3. Count to 5 out loud and whoever can grab the item wins. Repeat 10 times.

The background is a vibrant teal color with various abstract shapes and patterns. There are large, overlapping organic shapes in different shades of teal. Smaller elements include circles of various sizes, some with white outlines, and clusters of small dots. Diagonal hatching patterns are also present in some areas.

WITH A BUDDY

Dryer Move

WITH A BUDDY

INSTRUCTIONS

1. Stand with feet wide than hips.
2. Turn toes and weight in heels.
3. Bend and reach arms forward like grabbing laundry out of a dryer.
4. With a partner, pass a pillow back and forth while in the squat position.

Bonus: Add some speed by passing when you stand (example: squat while holding the pillow, rise to standing and pass to partner).



WITH A BUDDY

Sprinters

WITH A BUDDY

INSTRUCTIONS

1. Lie on your back with your legs fully extended and your arms bent and by your sides.
2. Lift your torso off the floor, bend your right leg and bring your right knee close to your left elbow.
3. Slowly return to the starting position and crunch the opposite side.
4. Repeat until set is complete.
5. Race your partner on who can get more repetitions done in one minute.

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WITH A BUDDY

**Ball on
Wall**

WITH A BUDDY

INSTRUCTIONS

1. Start by having one partner standing in front of a wall holding a baseball or tennis ball. The other partner should be standing at the side of the his or her partner.
2. The partner facing the wall will then raise their arm straight in front of them to shoulder level with their hand on top of the ball touching the wall. (The ball should be in between their hand and the wall.)
3. The other partner will gently push and pull the wall facing partner's arm in different directions. This partner will have to use their shoulder to stabilize and keep their arm straight on top of the ball.
4. Do this for 30 seconds, switch arms, and then switch roles.
5. Complete 2 times per arm per partner.

The background is a vibrant teal and light blue abstract design. It features several overlapping organic shapes, some with diagonal hatching patterns. Scattered throughout are various geometric elements: solid circles, circles with outlines, and clusters of small dots. The overall aesthetic is modern and clean.

WITH A BUDDY

Buddy Drags

WITH A BUDDY

INSTRUCTIONS

1. Find a flat, low-friction surface like a wooden floor.
2. Start by having one partner stand with two towels under their feet in front of the other partner.
3. Have the partner in front cross their arms while partner behind reaches to hold them under arms.
4. The partner in front will lean back as the partner behind walks backwards dragging the partner in front.
5. Walk 10-15 feet, relax, and then switch roles.
6. Repeat 2 times each.

The background is white with various teal-colored abstract shapes. There are large, overlapping organic shapes in shades of teal. Smaller elements include circles of different sizes, some with white outlines, and clusters of small dots. Some shapes have diagonal white stripes. The overall aesthetic is modern and clean.

WITH A BUDDY

**Single Leg
Balance with
Partner Push**

WITH A BUDDY

INSTRUCTIONS

1. Start having one partner balance on one leg with the other partner standing behind.
2. The partner not balancing will then gently push and pull the partner balancing to knock them off balance. This will force the partner balancing to stabilize and come to balance.
3. Do this for 30 seconds, switch legs, and then switch roles.
4. Complete this 2 times per leg per partner.

The background is a vibrant mix of teal and white. It features large, overlapping organic shapes in various shades of teal. Scattered throughout are smaller elements: solid teal circles, circles with white outlines, and areas with diagonal white stripes on a teal background. The overall aesthetic is modern and playful.

WITH A BUDDY

Triceratops Trek

WITH A BUDDY

INSTRUCTIONS

1. With hands and feet on the floor, and hips high, walk left and right.
2. Take turns making your best dinosaur call and race from one wall to another.
3. For a bonus activity, when getting to one wall, stand up tall like a jump 5 times to reach some yummy leaves, before turning to race to another wall.
4. Repeat this 5 times.

The background is a vibrant teal and light blue abstract design. It features large, overlapping organic shapes, smaller circles, and patterns of diagonal lines and dots. The overall aesthetic is modern and clean.

WITH A BUDDY

**Buddy
Wall Sits**

WITH A BUDDY

INSTRUCTIONS

1. Start by standing back to back with your partner with your feet shoulder-width apart.
2. While in contact with your partner, lower down into a squat position.
3. Hold this position for 30 seconds like you are doing a traditional wall sit, but you are using your partner as the wall!
4. Repeat 2 more times and feel free to go for longer than 30 seconds.



WITH A BUDDY

Shoulder Circle Timeouts

WITH A BUDDY

INSTRUCTIONS

1. Stand with feet firmly planted on the ground and shoulder-width apart.
2. Make a “T” with your arms by extending each arm out straight, aligned with your shoulders.
3. Make circles as if the tips of your fingers are drawing softballs.
4. With your partner, see who can make the most circles for the longest amount of time!

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WITH A BUDDY

Disco Party

WITH A BUDDY

INSTRUCTIONS

1. It's boogie fever time!
2. With a buddy, you are are going to complete the following dance sequence:
 - Jump with feet together to the right, left 10 times.
 - Point with right arm to upper right corner then the bottom left corner 5 times while bouncing in place.
 - Point with left arm to upper left corner then the bottom right corner 5 times while bouncing in place.
 - Repeat 5 times. Remember, shake it, don't break it!

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WITH A BUDDY

High Five Planks

WITH A BUDDY

INSTRUCTIONS

1. Get into plank position with your buddy!
2. Switch over to a side plank on your left side and high five your partner.
3. Rotate back to normal plank position.
4. Switch over to a side plank on your right side and high five your partner.
5. Repeat 40 times total.



WITH A BUDDY

Partner Pulls

WITH A BUDDY

INSTRUCTIONS

1. Stand with feet shoulder-width apart facing your partner, holding hands and with your core engaged.
2. Each partner will hold the right hand of the other person.
3. Partner 1 will pull partner 2's hand to their chest while partner 2 is applying some resistance.
4. Once partner 1 has pulled partner 2's hand to their chest, partner 2 will then pull partner 1's hand to their chest while partner 1 applies some resistance.
5. Repeat this 5 times each and then switch hands.

The background is a vibrant teal and white abstract design. It features large, overlapping organic shapes in various shades of teal. Scattered throughout are smaller elements: solid teal circles, circles with white outlines, and areas with diagonal white stripes. The overall aesthetic is modern and clean.

WITH A BUDDY

**Buddy
Pick Ups**

WITH A BUDDY

INSTRUCTIONS

1. Start by standing in front of your partner and grab each other's hands.
2. While holding each other hands, one partner will gently fall to the ground on their back.
3. The other partner will then pull the other person back up.
4. Repeat with the other person now falling.
5. Repeat this 10 times each.

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WITH A BUDDY

**Buddy
Shadows**

WITH A BUDDY

INSTRUCTIONS

1. Start by having both partners stand facing each other.
2. Decide which partner will be the leader and the shadow.
3. The partner leading will perform different movements like back peddling, shuffling, and stepping forward.
4. The other partner will have to react and complete the same movement as the leading partner like a shadow.
5. Do this for 1 minute and then switch roles.

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WITH A BUDDY

**Jump &
Shuffle**

WITH A BUDDY

INSTRUCTIONS

1. With a buddy, find an open area.
2. Take turns of who can jump further from the same spot!
3. Buddy 1: jump as far as you can forward and then shuffle backwards in a football run. Buddy 2: do jumping jacks.
4. Switch roles and do 30 sets.

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WITH A BUDDY

**Buddy
Scarf Toss**

WITH A BUDDY

INSTRUCTIONS

1. Start by having both partners facing toward each other and 6 feet apart.
2. Using scarves, clothes, or any household object, toss back and forth between partners.
3. Add challenges like each partner balancing on one leg, or adding a jump spin once they have caught the item.

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WITH A BUDDY

**Buddy
Bridges**

WITH A BUDDY

INSTRUCTIONS

1. Start by having both partners lay on their backs facing one another.
2. Both partners will bend their knees to 90 degrees and raise their feet in the air so that the bottoms of each partners' feet are touching.
3. Pushing up against each other, each partner will push their hips toward the sky so that their bodies form a bridge.
4. Lower back down to the floor and then repeat for 20 reps.



WITH A BUDDY

Tricep Tug of War

WITH A BUDDY

INSTRUCTIONS

1. Start by having one partner standing in front of the other.
2. The partner in front will stand holding a towel behind their head with their elbows flexed to 90 degrees, while the other partner is holding on to the other end of the towel.
3. The partner in front will then fully extend their arms above their head pulling the towel while the partner behind adds resistance by pulling down on the towel.
4. Complete 10-15 repetitions and then switch roles.

The background is a vibrant teal color with various abstract shapes and patterns. There are overlapping circles of different shades of teal, some with white outlines. There are also patterns of small white dots and white diagonal lines on a teal background. The overall style is modern and playful.

WITH A BUDDY

**Booty
Scooter
Race**

WITH A BUDDY

INSTRUCTIONS

1. With a partner, sit on your bottom with legs straight in front of you and one hand on each side.
2. Using your legs, bend your legs while while moving your bottom towards your legs.
3. In this “booty scooter fashion” race your partner and see who can make it from one end of the home, yard, or open space to the other.

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WITH A BUDDY

**Buddy
Push-Ups**

WITH A BUDDY

INSTRUCTIONS

1. Have Buddy A lay on the ground with their knees bent and feet flexed in the air.
2. Buddy B will stand and place their hands on Buddy A's feet and walk their legs back behind them.
3. Buddy B will complete 10 push-ups using Buddy A's feet as the "ground."
4. Switch roles and complete 3 sets each!

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WITH A BUDDY

Number Planks

WITH A BUDDY

INSTRUCTIONS

1. Both buddies will start in a plank position with arms straight under shoulders and knees on ground.
2. Buddy 1 will call out a number, and Buddy 2 will draw that number with their hands or pop up into a high plank position and draw with their foot.
3. Take turns calling out numbers and using different feet and hands. Make it challenging and try to use crazy numbers like 1817!

Fun Fact: The University of Michigan was founded in 1817! Go Blue!

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WITH A BUDDY

**Buddy Leg
Press**

WITH A BUDDY

INSTRUCTIONS

1. Start by having one partner lay on their back with their hips and knees bent to 90 degrees.
2. The other partner will stand in front of the partner laying down and place their hands on top of their feet.
3. The partner laying down will perform a standard leg press while the other partner adds some resistance by pushing back against their partner's feet.
4. Complete 10-15 reps of this and then switch roles.

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WITH A BUDDY

**Between the
Leg Pass**

WITH A BUDDY

INSTRUCTIONS

1. Start by standing back to back with your partner with your feet spread apart. One partner should be holding a basketball or soccer ball.
2. Staying back to back, each partner will bend down and one partner will hand the ball through their legs to the other partner.
3. Each partner will then raise their hands above their heads, and the partner with the ball will hand the ball above their head to the other partner.
4. Repeat this sequence as fast you can for 30 seconds, relax, and then repeat 2 more times.

The background is a vibrant teal and light blue abstract design. It features large, overlapping organic shapes, smaller circles, and patterns of diagonal lines and dots. The overall aesthetic is modern and energetic.

WITH A BUDDY

**Buddy Ball
Slam**

WITH A BUDDY

INSTRUCTIONS

1. Start by standing in front of each other 3-5 feet apart.
2. One partner will raise a ball in the air and slam it to the floor so that it bounces once to other partner.
3. The other partner will catch the ball and repeat the same action to the original partner.
4. Repeat 10-15 times per partner.

The background is a vibrant teal color with various abstract shapes and patterns. There are overlapping circles and organic, blob-like shapes in different shades of teal. Some areas feature diagonal hatching or a grid of small dots. The overall aesthetic is modern and energetic.

WITH A BUDDY

Archer Push-Up

WITH A BUDDY

INSTRUCTIONS

1. With a buddy, take turns doing archer push-ups.
2. Get into a push-up position on knees or in plank.
3. Rotate straightening one arm at a time while moving the chest towards the ground. It will look like an archer shooting a bow and arrow.
4. Do 10 push-ups with each arm straight.

The background is a vibrant teal and light blue abstract design. It features overlapping organic shapes, circles of various sizes, and patterns of diagonal lines and dots. The overall aesthetic is modern and energetic.

WITH A BUDDY

Buddy Plank Jumps

WITH A BUDDY

INSTRUCTIONS

1. Start with one partner in a plank position and the other standing next to them.
2. The partner standing will complete a squat jump over the partner planking.
3. Do this for 30 seconds and then switch positions.



WITH A BUDDY

Dance Freeze

WITH A BUDDY

INSTRUCTIONS

1. Designate an open space free from obstacles.
2. Have music ready to go and take turns freezing when the music stops.
3. Hold the position you stopped in until the music plays again. If the player doesn't stop when the music stops, the player does 10 jumping jacks.
4. Rotate turns being the DJ!

The background is a vibrant teal and light blue abstract design. It features several overlapping organic shapes, some with diagonal hatching patterns. Scattered throughout are various geometric elements: small solid circles, larger hollow circles, and clusters of tiny dots. The overall aesthetic is modern and clean.

WITH A BUDDY

Partner Pulls

WITH A BUDDY

INSTRUCTIONS

1. Stand with feet shoulder-width apart facing your partner, holding hands and with core engaged.
2. Each partner will hold the right hand of the other person.
3. Partner 1 will pull partner 2's hand to their chest while partner 2 applies some resistance.
4. Once partner 1 has pulled partner 2's hand to their chest, partner 2 will then pull partner 1's hand to their chest while partner 1 applies some resistance.
5. Repeat this 5 times each and then switch hands.

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WITH A BUDDY

Up Downs

WITH A BUDDY

INSTRUCTIONS

1. Stand with feet wider than hips.
2. Turn toes out and put weight in heels.
3. Take turns with a buddy yelling out “Up” or “Down.” When “Up” is called out, go down into a plank or a squat position. When “Down” is called out, jump up and touch the sky.
4. Each partner gets 1 minute to call out and then switch.

Bonus: The partner who is calling out continues to do jumping jacks or march in place.

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WITH A BUDDY

Reverse Lunges

WITH A BUDDY

INSTRUCTIONS

1. Stand with feet shoulder-width apart facing your partner and holding hands and core engaged.
2. You and your partner take a big step with your right leg backwards and lower the back leg straight down, creating a 90-degree angle or until it gently grazes the ground.
3. Push through the heel and midfoot of front leg to return to standing, bringing your right foot back in line with your left.
4. Repeat on the left side. This equals one set.

 Bonus: Add a challenge by switching hands right to right and left to left.

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WITH A BUDDY

Buddy Pass

WITH A BUDDY

INSTRUCTIONS

1. Stand with feet shoulder-width apart, your back against your partner, and your core engaged.
2. You and your partner will be taking turns twisting and grabbing whatever object you can find.
3. Buddy 1 will hold the object and twist, while Buddy 2 turns the same direction and grabs the object with two hands from Buddy 1.
4. Keep backs and shoulders flat against each other and your feet facing in front of you.

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WITH A BUDDY

High Five Crunches

WITH A BUDDY

INSTRUCTIONS

1. You and your partner will both start by facing each other, lying on your backs, knees bent, and feet touching each others.
2. At the same time, you both will come up to your knees to do an ab crunch.
3. When you get to the top of your crunch, give your partner a double-handed high five and then lower back to the ground.
4. Do this 10 times for 3 sets.

The background is a vibrant teal and white abstract design. It features several overlapping organic shapes in various shades of teal. Scattered throughout are geometric patterns: a grid of small teal dots, larger teal circles, and areas with diagonal white lines on a teal background. The overall aesthetic is modern and playful.

WITH A BUDDY

**Balance with
Ball Toss**

WITH A BUDDY

INSTRUCTIONS

1. You and your buddy will start by standing about 5 feet away from one another with one of you holding a ball.
2. Each of you will then balance on one leg.
3. While balancing on one leg, toss to the ball to one another.
4. Do this for 1 minute and then switch legs.

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WITH A BUDDY

Side Plank Rotations

WITH A BUDDY

INSTRUCTIONS

1. Have Partner 1 put their weight on right hand, with feet stacked (right foot on the bottom), core tight, and hips lifted. Partner 1 will raise left hand straight up so arms form a “T.”
2. Partner 2 is in the same position, except on the left side, supporting their weight on left hand, with feet stacked (left foot on the bottom) and right hand extended straight up.
3. Partners tap hands together above them.
4. Partners bring hands down across front of body, rotating slightly (without dropping hips) to tap hands together underneath torsos. Return to the starting position by leveling hips and tapping hands together overhead. Do 8-12 reps, then switch sides.



WITH A BUDDY

Wheelbarrow

WITH A BUDDY

INSTRUCTIONS

1. Have your partner lie facedown on the floor.
2. Stand between their feet, facing their head, and grasp his ankles.
3. Keeping their hands on the floor, your partner will push up with their arms until they are straight.
4. Lift their ankles until you are standing straight and holding his ankles, one leg on each side at your sides.
5. Then, with head up, your partner will walk on his hands forward 30 steps while you walk forward while you support their body weight.
6. Make sure not to let their hips dip to the floor.
7. When they are finished with their 30 steps, switch roles and complete your 30 steps.
8. Repeat 3 times each.