

The background is white with various colorful abstract shapes and patterns. There are blue, yellow, orange, and teal wavy shapes. Some areas have diagonal lines, and others have clusters of small dots in different colors (blue, orange, green).

IMPACT
at HOME

ACTIVITY CARDS

RULES & GAMEPLAY

Flexibility: Sounds like a stretch! 2 points for being bendy!

Mindfulness: Me oh my! 3 points is worth a try!

Cardio: Get up and go with some cardio! 4 points in honor of the 4 chambers of your heart!

Strength: What kind of award do you get for building strong muscles? “A trophy” and 3 points!

Buddy: 4 points for double the trouble! 5 points for teaming up with a parent or guardian!



CARDIO

Tornado Squats

CARDIO

INSTRUCTIONS

1. Start with feet shoulder width apart, hands at sides.
2. Squat down so that your legs make a right angle keeping your tummy tight and back straight.
3. From your squat position, jump in the air while simultaneously turning your body to the right.
4. Spin your body in the air so that you land in the opposite direction from where you started.
5. When you land, go directly into your squat position and jump up, but this time turn your body to the left.
6. Repeat this 5 times to each side.



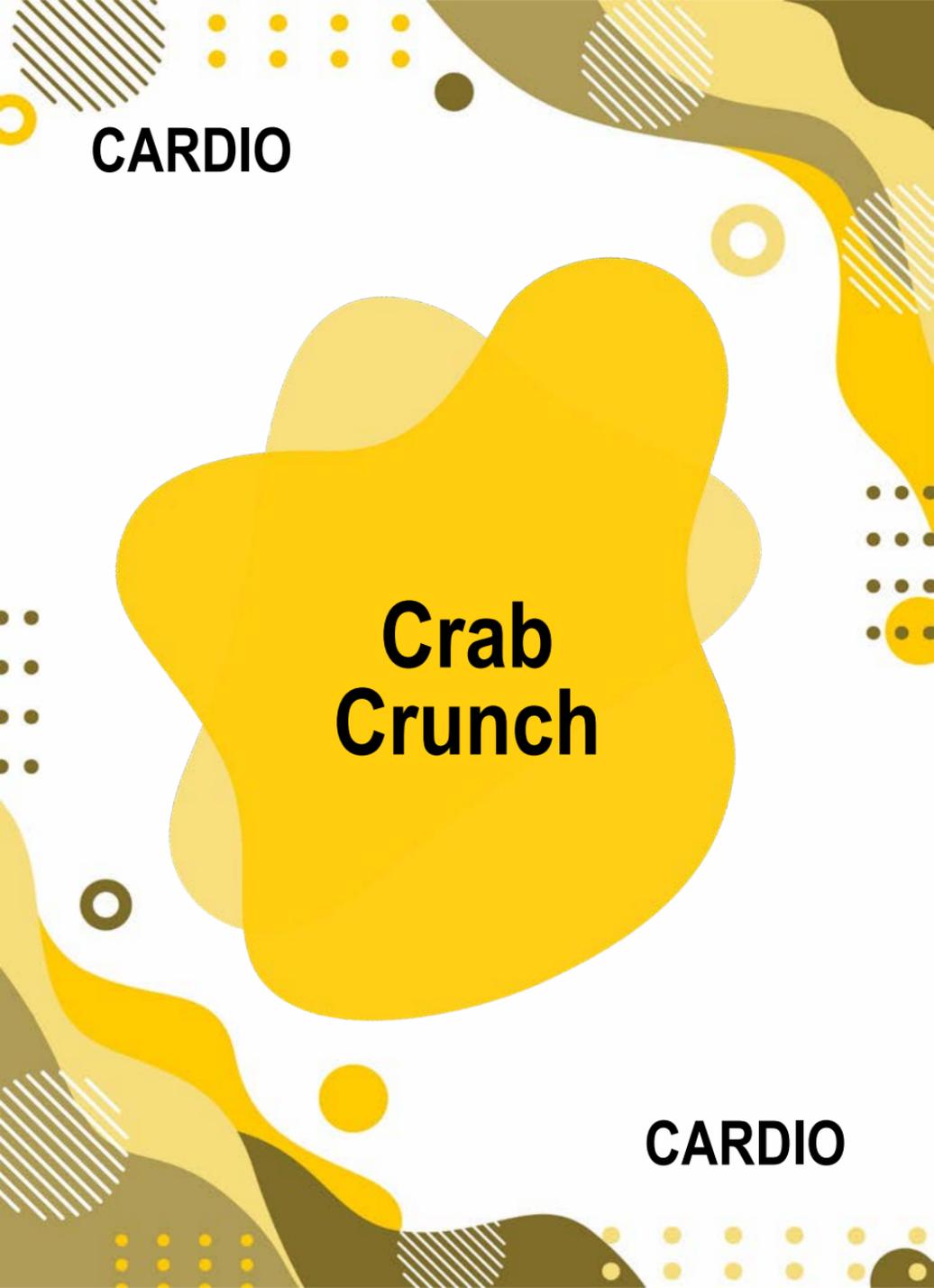
CARDIO

Split Squat

CARDIO

INSTRUCTIONS

1. Start upright with your feet together.
2. Jump out into a squat and touch the ground at the same time.
3. Jump back with feet together.
4. Rotate touching differing hands to the ground with an “in and out” fashion.
5. Repeat 30 times each side for one minute on and one minute off.



CARDIO

Crab Crunch

CARDIO

INSTRUCTIONS

1. Get into crab position with both arms under shoulders, hips raised and heels planted.
2. Drive knees towards chest one at time while remaining in crab position.
3. Time how many sets you can accomplish in one minute.
4. One set is each knee driving to the chest and keeping your core tight.



CARDIO

**Burpee/
Basketball
Shot**

CARDIO

INSTRUCTIONS

1. Start in an upright position with feet together.
2. Jump up and throw a pretend basketball into the hoop.
3. Land back down on the ground and immediately bend down, put hands on the ground, and jump feet behind you into a plank position.
4. Jump feet back in and jump up into a basketball free throw.
5. Repeat 30 times.



CARDIO

**Baseball Swing/
180 Jump**

CARDIO

INSTRUCTIONS

1. Get into a baseball swing position.
2. Swing your imaginary bat. Once complete with the follow-through, do a 180-degree turn to the other side.
3. Swing your imaginary baseball bat on the other side and complete another 180-degree turn.
4. Complete as many rounds as possible in 1 minute.



CARDIO

Couch Spiders

CARDIO

INSTRUCTIONS

1. Start with your feet on a couch and hands on floor in a push up position. Hands should be directly under shoulders.
2. Rotate trying touch one knee to elbow while keeping one foot planted on couch, back straight and hands remain on the floor.
3. Rotate between sides for one minute.

Bonus: For an added challenge, try touching knee to opposite elbow in a crisscross motion.



CARDIO

Mario Jump

CARDIO

INSTRUCTIONS

1. Start with your feet and legs together standing upright.
2. Stomp your right foot to pounce get power. Once you stomp, the right knee comes to your chest and the right arms goes straight.
3. Alternate to left side where left knee pounces, knee drives up to a hop and arm next to ear.
4. The sequence goes: pounce, knee, hop, down. Switch to left pounce, knee, hop, down.

Bonus: For an added challenge, increase speed and race to 100 with a family member.



CARDIO

Butt Kickers

CARDIO

INSTRUCTIONS

1. Start with your feet and legs together standing upright.
2. Alternating one leg with another, kick your legs back toward your butt in a jogging pace.
3. Add arm air punches to increase your heart rate.

Bonus: For an added challenge, increase speed and race to 100 with a family member.



CARDIO

Clap Jacks

CARDIO

INSTRUCTIONS

1. Start out with feet together, standing up tall.
2. Complete as many jumping jacks a possible until a buddy yell “CLAP JACK.”
3. Get into a squat and hold while giving yourself a round of applause.
4. Assume back into jumping jacks when your buddy yells “JUMP JACK.”
5. Switch with your partner by having one partner go on odd minutes, and the other on even minutes.



CARDIO

**Punching
Bag**

CARDIO

INSTRUCTIONS

1. Stand with feet hip-width apart and hands in fists by your chin. Make sure you have space and no one near you.
2. Turn your core to the right so you are facing sideways and punch with your left arm. Return back to center.
3. Turn your core to the left so you are facing sideways and punch with your right arm. Return back to center.
4. Repeat back and forth 50 times as fast as possible. Repeat for 3 sets!



CARDIO

Ski Jumps

CARDIO

INSTRUCTIONS

1. Start by standing tall with your feet shoulder width apart.
2. Using only your right foot, jump to the left about 2-3 feet and land on your left foot.
3. Gather yourself and then using only your left foot, jump to the right 2-3 feet and land on your right foot.
4. Repeat this as many times as you can for 30 seconds.

Bonus: After each time you jump, touch the ground with the same hand as the side you landed on.

Ex: Land on your left foot, touch the ground with your left hand.



CARDIO

80's Dancer

CARDIO

INSTRUCTIONS

1. It's time for a dance party! Channel the 80's with these high energy bounces.
2. Jump in place with feet glued together.
3. Add the arm sequence of both arms up, out, down, clap while still jumping in place.
4. Get creative and see what other arm motions can be added to your jumps in place!



CARDIO

Jumping Jack Touch Downs

CARDIO

INSTRUCTIONS

1. Start with your feet and legs together standing upright.
2. Complete one jumping jack (out and in).
3. Jump feet outwards into a low squat and touch both hands in between legs.
4. Jump feet back together.
5. Completing one jumping jack into one touchdown is one repetition.
6. Complete 50 repetitions in a row!

Bonus: For an added challenge, increase speed and race to 100 with a family member.



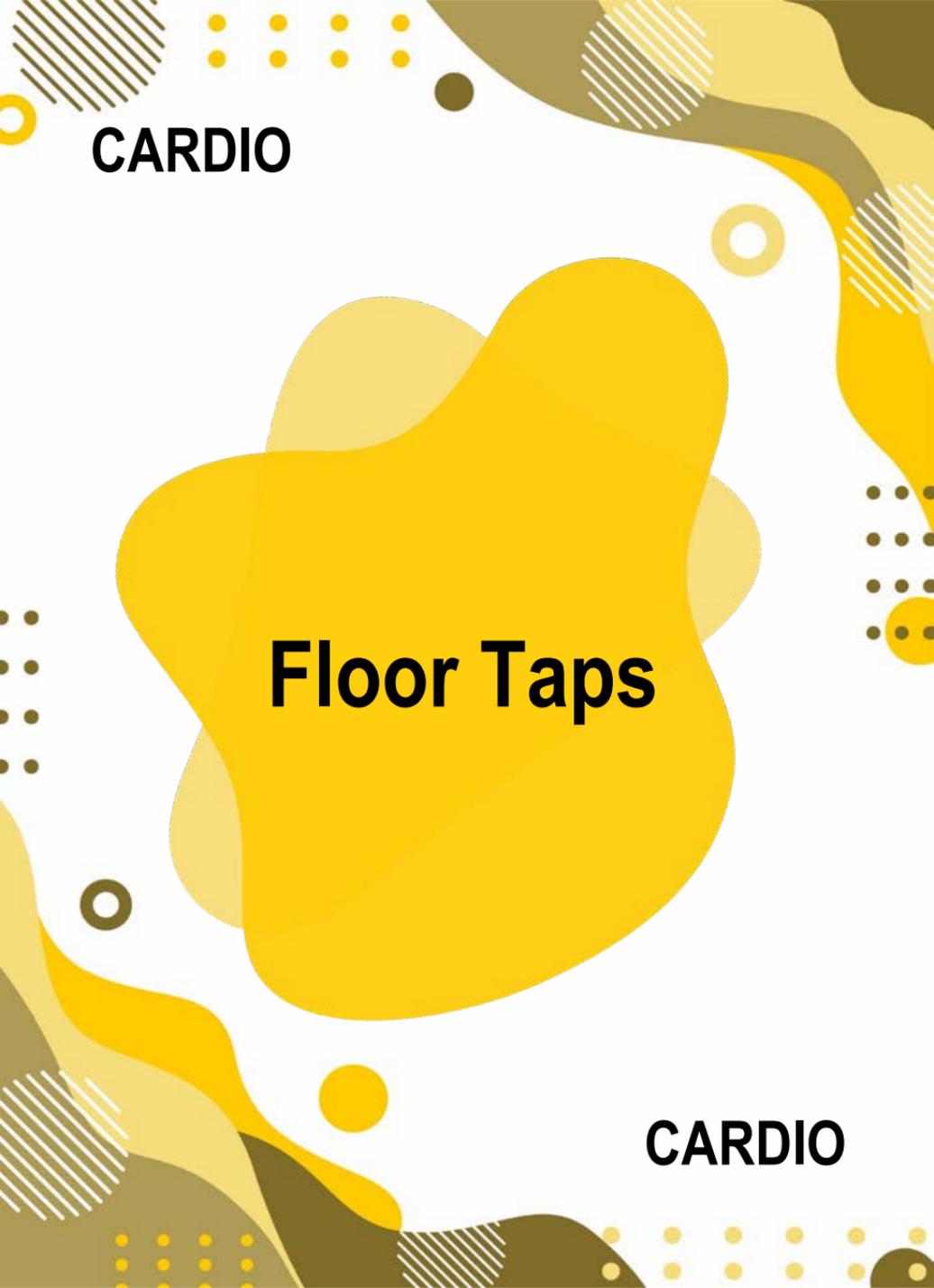
CARDIO

**Two Feet
Hop Ladder
Drill**

CARDIO

INSTRUCTIONS

1. Make a ladder out of tape on the ground by placing 10 pieces of tape about a foot apart from one another. These will be your “rungs.”
2. Start by standing behind the first rung of the ladder in a relaxed upright position and feet together.
3. Hop down ladder by placing both feet into each space between rungs.
4. Once you reach the end of the ladder, turn around and hop back to where you began.
5. Repeat this 10 times going down and back.



CARDIO

Floor Taps

CARDIO

INSTRUCTIONS

1. Start in a lunge position with right leg in front and left foot behind you.
2. Slowly touch left hand to the right foot with right hand reaching towards the sky. You will have to bend forward but try to stay in the best lunge position that you can.
3. Hold your core tight and see how many times you can tap and rise back to starting position in one minute.
4. Repeat on other side.



CARDIO

Surfer Squat

CARDIO

INSTRUCTIONS

1. Start with your feet wider than hip-width apart and arms to side at shoulder height. Sit back into a squat as if you were standing on a surfboard.
2. Jump in the air and rotate 180 degrees back into surfer squat position.
3. Repeat 10 times for three rounds.

Bonus: For an added challenge, bend your knees when you jump towards your chest in a “tuck jump.”



CARDIO

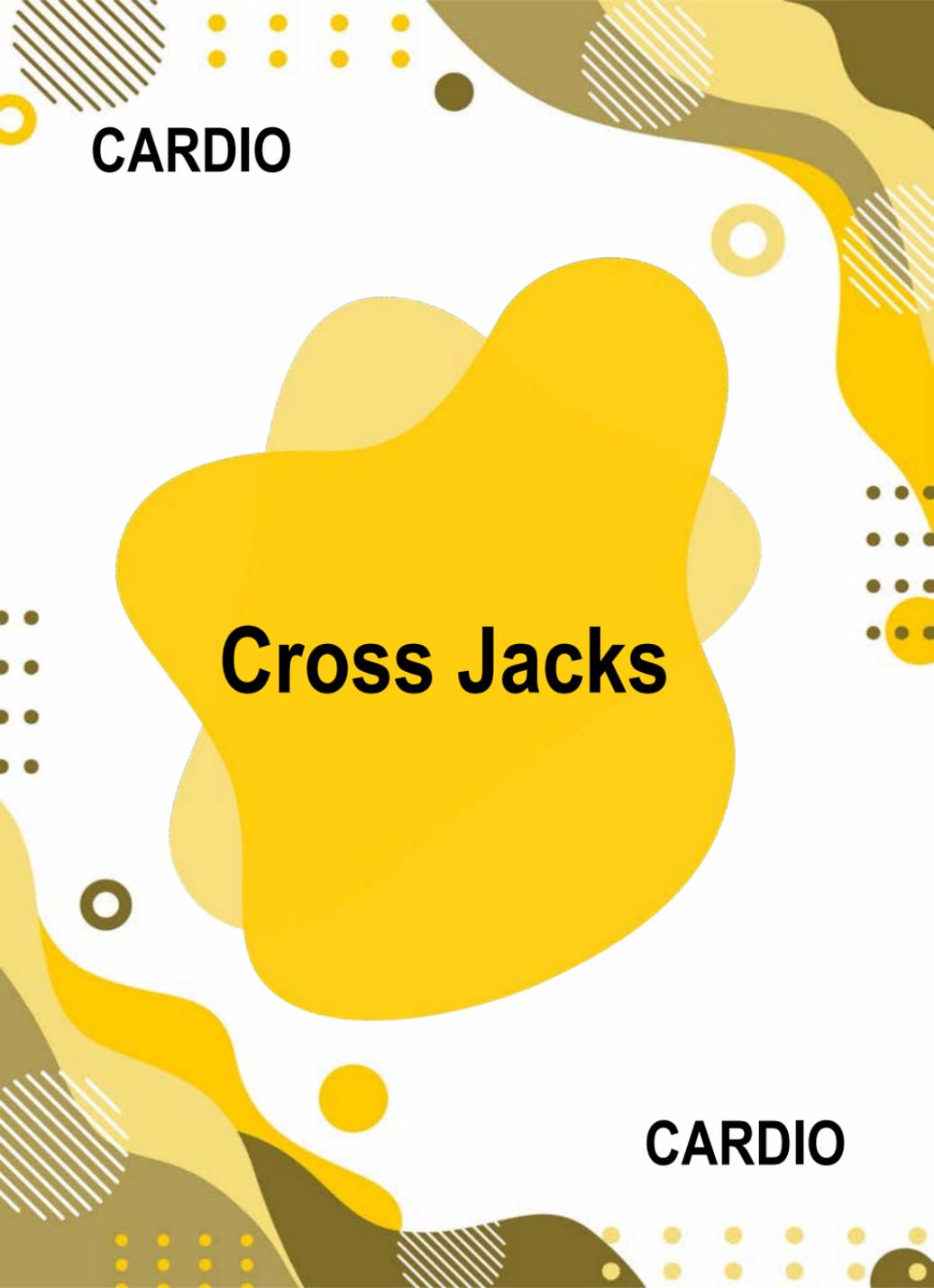
Alternating Knee Drives

CARDIO

INSTRUCTIONS

1. You are now training for a Ninja Warrior Race! Stand with feet in split stance with toes facing forward and arms reaching straight above head.
2. Drive one knee to chest while pulling both arms to raised knee. Repeat 10 times.
3. Rotate between both legs and add speed.

Bonus: Try timing who can get more taps in one minute.



CARDIO

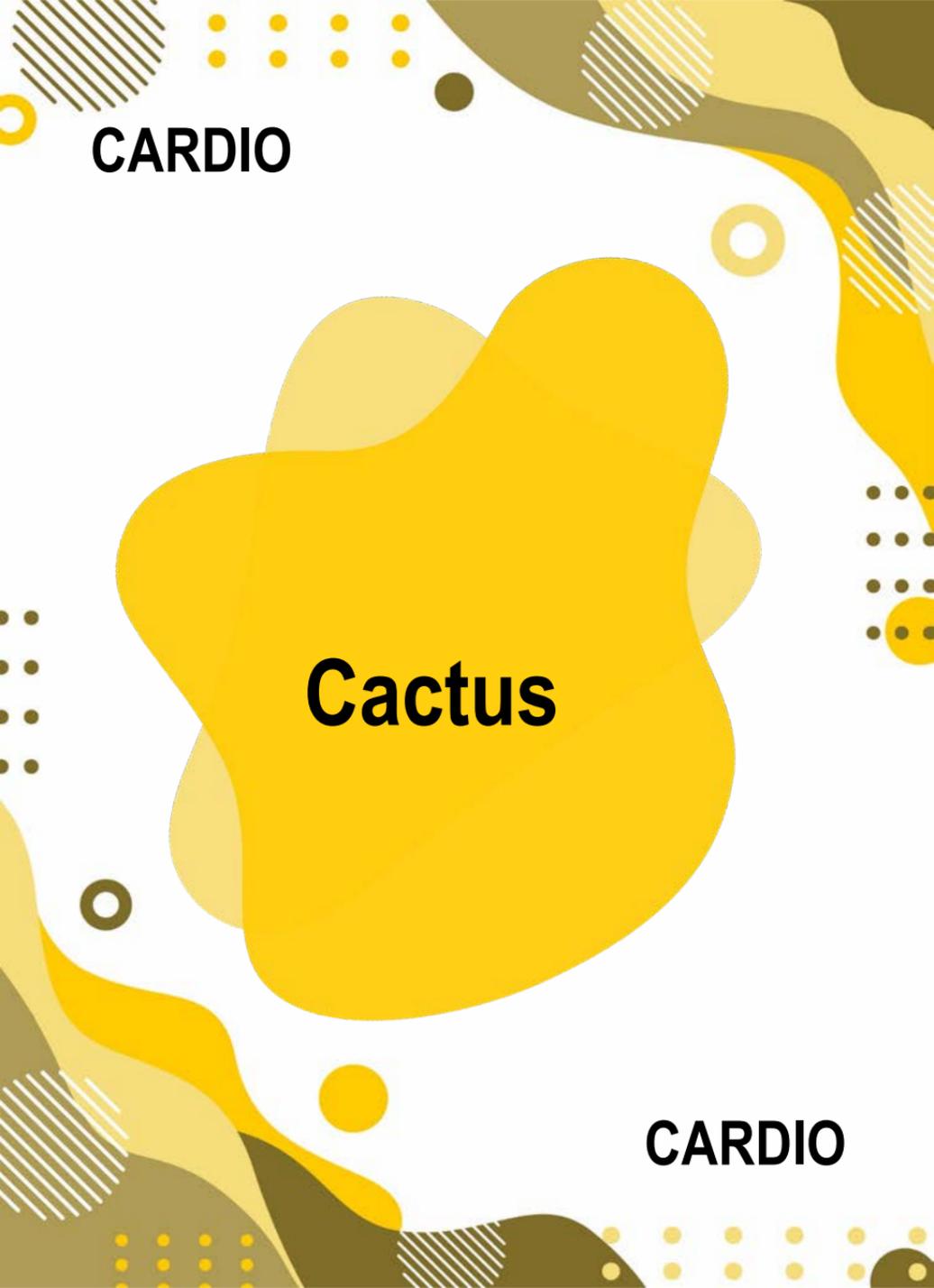
Cross Jacks

CARDIO

INSTRUCTIONS

1. Stand with feet shoulder-width apart and extend your arms out to either side with palms facing down.
2. Jump and cross your right arm over left and your right foot over left.
3. Jump back to starting position.
4. Jump and cross your left arm over right and left foot over right.

Bonus play: Try to pair with an upbeat song like “Try Everything” by Shakira.



CARDIO

Cactus

CARDIO

INSTRUCTIONS

1. You are in the desert with cacti everywhere!
You don't want to get poked!
2. Switching from one foot to the other, jump up and over the cacti while keeping the other knee in front of your body.
3. The motion should be: Jump onto right foot with left knee aligned with hip, and then switch and hop onto left foot with right knee aligned with hip.
4. Repeat 50 times total.



CARDIO

Sally Skips

CARDIO

INSTRUCTIONS

1. Stand up straight with feet firmly planted.
2. Play a song, like “I Like to Move It,” and skip from side to side.
3. Increase speed to as fast as you can skip every other 20 seconds.



CARDIO

High Knees to Runner's Lunge

CARDIO

INSTRUCTIONS

1. Start with feet together, standing up straight.
2. Drive knees towards chest as fast as you can while still maintaining good form.
3. After 4 high knees, get into a runner's lunge position with right leg bent in front and left leg straight behind you.
4. Resume back into 4 high knees and reverse the runner's lunge with left leg in front and right leg behind.
5. Complete 25 sets.



CARDIO

Frog Hops

CARDIO

INSTRUCTIONS

1. Get your paws ready for these frog hops! Start with your feet shoulder-width apart.
2. Squat down and then jump up and forward as far as you can.
3. When you land, go directly into another squat and get ready to jump again.
4. Do 5 jumps in a row and then relax.
5. Complete this 2 more times and don't forget to ribbit like a frog with each jump!



CARDIO

Karaoke Shuffle

CARDIO

INSTRUCTIONS

1. Start with your feet together, standing up tall.
2. Step with right foot to be hip-width apart
3. Step left foot behind right leg.
4. Step right leg to be hip-width apart.
5. Step left leg in front of right leg.
6. Repeat sequence and add speed.

Reverse on other side to be:

1. Start with feet together and standing up tall.
2. Step with left leg to be hip-width apart.
3. Step right foot to be behind left leg.
4. Step left leg to be hip-width apart.
5. Step right foot to be in front of left leg.
6. Add speed!



CARDIO

Parachutes

CARDIO

INSTRUCTIONS

1. Start by finding a blanket or a bed sheet. This will be your parachute!
2. Stand with feet shoulder-width apart with your knees slightly bent, holding onto your parachute that is laid out across the ground.
3. Using your entire body and holding on the entire time, quickly lift your parachute into the air above your head and then right back to ground in a fanning motion.
4. Do this as fast as you can for 1 minute, relax, and repeat 2 more times.



CARDIO

Changements

CARDIO

INSTRUCTIONS

1. Channel your inner ballerina with these “changements” or change of the feet.
2. Start in “fifth” position with right heel touching left big toe. Stand tall and proud in this position.
3. Jump as high as you can with both legs straight and land back into “fifth” position, this time with left heel touching right big toe.
4. Repeat as many as possible in one minute!



CARDIO

**Single Leg
Front to Back
Jumps**

CARDIO

INSTRUCTIONS

1. Start by standing on one leg behind an imaginary line.
2. Jump over the line and then back to your starting position.
3. Repeat this as fast as you can for 1 minute.
4. Relax, switch legs, and repeat 2 more times.



CARDIO

Snatches

CARDIO

INSTRUCTIONS

1. Start by finding a large space outside in a yard or open space.
2. Find a household item that you can fill with canned goods, like a purse or a small backpack.
3. Stand with feet wider than shoulder-width apart and your bag in between your legs.
4. As fast as you can, squat down and grab the bag with both hands, jump up in the air while holding the bag, and then place the bag down.
5. Repeat this sequence 50 times.



CARDIO

Double Dutch

CARDIO

INSTRUCTIONS

1. Start by finding a large space outside in a yard or open space.
2. Using a line of tape, rope, or rolled up blanket, make a vertical line on the ground.
3. In double dutch fashion, jump up and over the line with feet together.
4. Add 5 double hops in place once you've crossed over, and then hop back over the line.
5. Repeat sequence for one minute.

The background is a vibrant, abstract composition. It features a central, large, irregular yellow shape that resembles a splash or a cloud. Surrounding this are various other elements: smaller yellow and olive green circles, some with white outlines; clusters of small dots in both colors; and areas with diagonal hatching patterns. The overall aesthetic is modern and energetic, typical of fitness or health-related branding.

CARDIO

Outside Jog

CARDIO

INSTRUCTIONS

1. Start by finding a large space outside in a yard or park.
2. Jog around for 5 minutes. It can be in different directions and can be used for a warm-up or even a cool-down for your workout.
3. Feel free to go as fast/slow as you want.



CARDIO

**Single Leg
X Jumps**

CARDIO

INSTRUCTIONS

1. Start by making an X out of tape on the ground.
2. Stand on one leg at the bottom left corner of the X.
3. Jump on the one leg diagonally to the top right corner, then jump backwards to the bottom right corner, then jump diagonally to the top left corner, and then jump backwards again to the bottom left corner where you began.
4. Continue in this pattern as fast as you can for 30 seconds and then switch legs.
5. Repeat 2 more times per leg.
6. If it's too hard on one leg, feel free to use both legs.



CARDIO

One Foot Hop Ladder Drill

CARDIO

INSTRUCTIONS

1. Make a ladder out of tape on the ground by placing 10 pieces of tape about a foot apart from one another. These will be your “rungs.”
2. Start by standing behind the first rung of the ladder in a relaxed upright position and balance on one foot.
3. Hop down the ladder by placing one foot into each space between rungs.
4. Once you reach the end of the ladder, turn around, switch feet and hop back to where you began.
5. Repeat this 10 times going down and back, switching legs each time down.



CARDIO

**One-Foot
Shuffle
Ladder Drill**

CARDIO

INSTRUCTIONS

1. Make a ladder out of tape on the ground by placing 10 pieces of tape about a foot apart from one another. These will be your “rungs.”
2. Start by standing at the side of the first rung of the ladder on your left foot.
3. Shuffle down the ladder by placing 1 foot into each space between rungs.
4. Once you reach the end of the ladder, shuffle back down the ladder in the other direction.
5. Repeat this 10 times going down and back, switching legs after each down and back.



CARDIO

**Shuffle
(2 Feet)
Ladder Drill**

CARDIO

INSTRUCTIONS

1. Make a ladder out of tape on the ground by placing 10 pieces of tape about a foot apart from one another. These will be your “rungs.”
2. Start by standing at the side of the first rung of the ladder with your left foot closest to it in a relaxed upright position.
3. Shuffle down the ladder by placing 2 feet into each space between rungs.
4. Once you reach the end of the ladder, shuffle back down the ladder in the other direction. Your right foot should be leading now.
5. Repeat this 10 times going down and back, switching legs each time down.



CARDIO

**Single Leg
Square Jumps**

CARDIO

INSTRUCTIONS

1. Start by making a square out of tape on the ground.
2. Stand on one leg at the bottom left corner of the square.
3. Jump on the one leg to the top left corner, then jump to the side to the top right corner, then jump backwards to the bottom right corner, and then jump to side again to the bottom left corner where you began.
4. Continue in this pattern as fast as you can for 30 seconds and then switch legs. (If it's too hard on one leg, use both legs.)
5. Repeat 2 more times per leg.



CARDIO

Side Hops

CARDIO

INSTRUCTIONS

1. Start with your feet together, hands on your hips, on the right side of an imaginary line.
2. While keeping your feet together, jump over to the left side of the line and then back to the right.
3. Do this as fast as you can for 1 minute.
4. Relax and then repeat 2 more times.



CARDIO

**Running
(1 Foot in Each)
Ladder Drill**

CARDIO

INSTRUCTIONS

1. Make a ladder out of tape on the ground by placing 10 pieces of tape about a foot apart from one another. These will be your “rungs.”
2. Start by standing behind the first rung of the ladder.
3. Run down the ladder by placing 1 foot into each space between rungs. Each foot should step into every other rung.
4. Once you reach the end of the ladder, turn around and run back down the ladder in the other direction.
5. Repeat this 10 times going down and back.



CARDIO

**2 Forward
1 Back Hop
Ladder Drill**

CARDIO

INSTRUCTIONS

1. Make a ladder out of tape on the ground by placing 10 pieces of tape about a foot apart from one another. These will be your “rungs.”
2. Start by standing behind the first rung of the ladder.
3. Double leg hop over the first two rungs of the ladder landing in the second space. Then backwards hop over rung directly behind you.
4. Continue you this sequence down the ladder forward hopping over 2 rungs and backwards hop over 1.
5. Once you reach the end of the ladder, turn around and hop down the ladder in the other direction.
6. Repeat this 10 times going down and back.



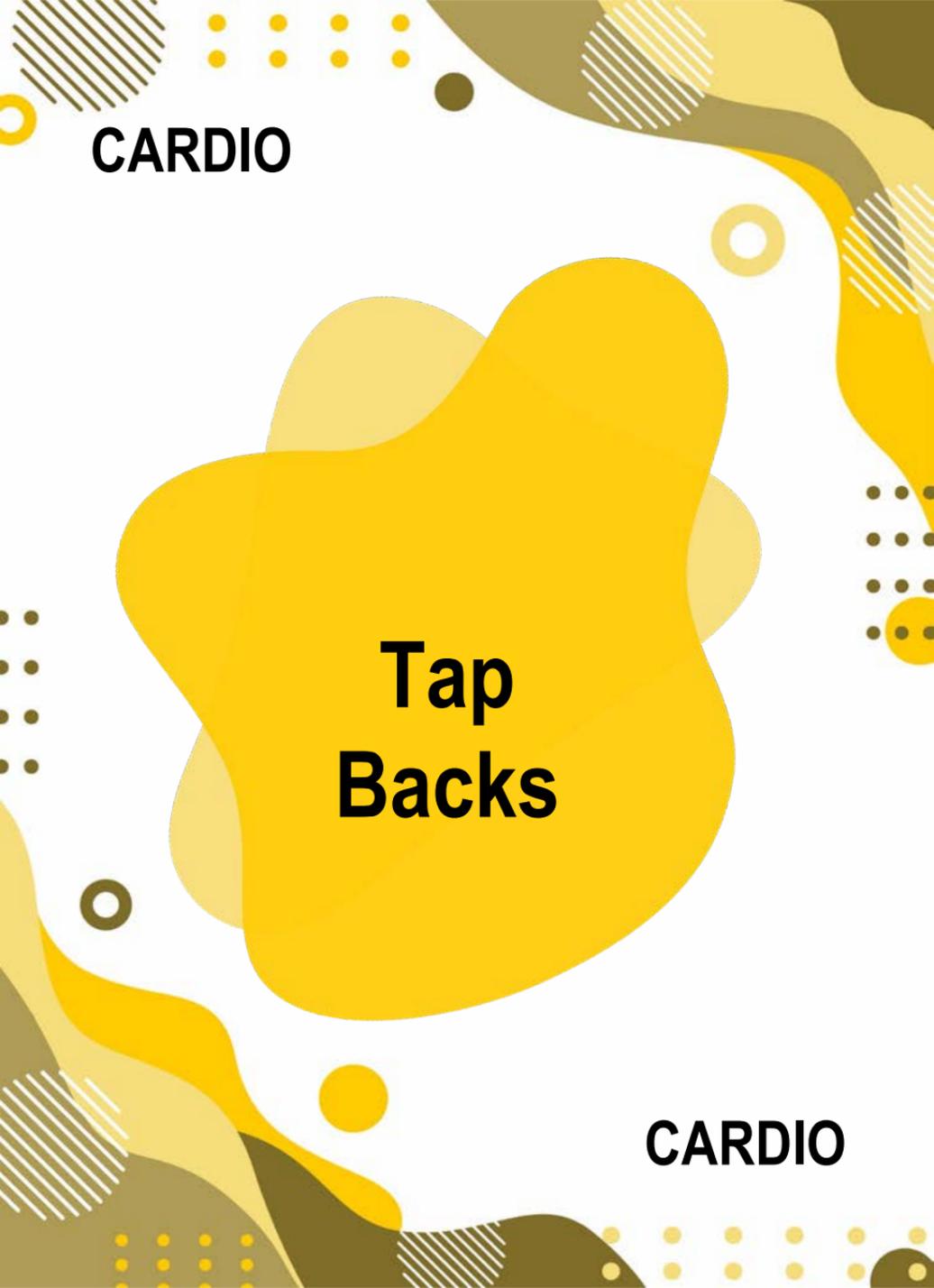
CARDIO

**Running
(2 Foot in Each)
Ladder Drill**

CARDIO

INSTRUCTIONS

1. Make a ladder out of tape on the ground by placing 10 pieces of tape about a foot apart from one another. These will be your “rungs.”
2. Start by standing behind the first rung of the ladder.
3. Run down the ladder by placing 2 feet into each space between rungs.
4. Once you reach the end of the ladder, turn around and run back down the ladder in the other direction.
5. Repeat this 10 times going down and back.



CARDIO

**Tap
Backs**

CARDIO

INSTRUCTIONS

1. Stand up tall and proud with your feet together and hands on your hips.
2. Take your right foot and tap it right behind you, then place back to starting position.
3. Take your left foot and tap it right behind you, then place back to starting position.
4. Repeat as fast as can to get 100 tapbacks (50 on each leg).



CARDIO

**2 Forward
1 Back
(1 Foot) Hop
Ladder Drill**

CARDIO

INSTRUCTIONS

1. Make a ladder out of tape on the ground by placing 10 pieces of tape about a foot apart from one another. These will be your “rungs.”
2. Start by standing behind the first rung of the ladder on one foot.
3. Single leg hop over the first two rungs of the ladder, landing in the second space. Then backwards hop over the rung directly behind you.
4. Continue this sequence down the ladder, forward hopping over 2 rungs and backwards hopping over 1.
5. Once you reach the end of the ladder, turn around and hop down the ladder in the other direction.
6. Repeat this 10 times per leg going down and back.



CARDIO

Hacky Sack

CARDIO

INSTRUCTIONS

1. Balance on one foot and make sure you are in an open space.
2. With non-standing leg, tap inner foot with opposite hand.
3. Rotate between both legs, and add speed by switching between legs.

Bonus: Try timing who can get more taps in one minute.