PD5

REAWAKEN THE ATHLETE WITHIN

PRINTABLE MOVEMENT CARD STARTER DECK

12 cards / 3 disciplines / play offline

HOW TO PLAY

1 Print pages 2-4 at actual size, one-sided, and cut out each card.

2 Choose boxing, tai chi, yoga, or a mix of movements.

3 Shuffle and draw one, three, or five cards.

4 Follow movements at a safe, comfortable pace. Adapt as needed.

MOVE SAFELY

These cards are for general fitness and education, not treatment or a substitute for personalized medical or physical-therapy advice. Work with your care team to select safe exercises and stop if you feel unwell.


LONG GUARD REACH
Long Guard
REPS: 8
AMPLIFY
AMPLIFY
DRIVE
REACT
POWER
CONNECT
Keep one hand close to your face and extend the other arm straight toward the target. Pull the arm back with control and repeat on the other side.
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GUARD JAB
Jab
REPS: 10
DRIVE
AMPLIFY
DRIVE
REACT
POWER
CONNECT
Start in guard and extend your lead hand straight forward. Return the hand quickly to guard while keeping your stance steady.
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FAST HAND FLICKS
Hand Speed Drill
REPS: 14
REACT
AMPLIFY
DRIVE
REACT
POWER
CONNECT
Hold your hands in front of your body and open and close your fingers quickly. Keep your shoulders relaxed and stop before tension builds.
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BREATH-AND-GUARD RESET
Guard Reset Breathing
REPS: 5 CYCLES
CONNECT
AMPLIFY
DRIVE
REACT
POWER
CONNECT
Stand tall in guard and breathe in slowly through the nose. Exhale as your shoulders relax and your hands return to a calm ready position.
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OPENING WINGS

Opening the Arms

REPS: 8

AMPLIFY



AMPLIFY | DRIVE | REACT | POWER | CONNECT

Begin with your hands near your chest
and slowly open both arms outward.
Finish tall before drawing your hands back to center.

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FIGURE 8 REACH

Figure-Eight Hands

REPS: 8

AMPLIFY



AMPLIFY | DRIVE | REACT | POWER | CONNECT

Trace a large figure-eight pattern with one or both hands.
Follow the movement with your eyes
while keeping your stance stable.

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CONTINUOUS WEIGHT SHIFT

Weight Shifting

REPS: 10

DRIVE



AMPLIFY | DRIVE | REACT | POWER | CONNECT

Shift your body slowly from one foot to the other
while your arms float in the same direction.
Continue for several calm repetitions without stopping.

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CLOUD HANDS

Cloud Hands

REPS: 8

CONNECT



AMPLIFY | DRIVE | REACT | POWER | CONNECT

Move your hands smoothly from side to side
while shifting weight in the same direction.
Keep your shoulders relaxed and the
movement continuous.

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Standing Side Stretch

Standing Side Bend

REPS: 6

AMPLIFY



AMPLIFY DRIVE REACT POWER CONNECT

Raise one arm overhead and lean gently toward the opposite side. Return to center and switch arms.

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Arm Circles

Arm Circles

REPS: 8

AMPLIFY



AMPLIFY DRIVE REACT POWER CONNECT

Extend your arms comfortably and make large controlled circles.
Reverse direction after completing the first set.

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Cross-Body March

Cross-Body March

REPS: 6

DRIVE



AMPLIFY DRIVE REACT POWER CONNECT

March in place and touch each lifted knee with the opposite hand.
Keep the rhythm steady and alternate sides.

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Sit-to-Stand

Sit-to-Stand

REPS: 8

POWER



AMPLIFY DRIVE REACT POWER CONNECT

Sit near the front of a stable chair, lean slightly forward, and stand using your legs. Lower back to the chair with control.

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