WANT TO PLAY A GAME?

The deck of cards is a great way to mix up your exercise routine. Proceed through the entire deck until completion.

EQUIPMENT

- Water
- Push-up Bars (Optional)
- Mat
- Deck of Cards

Ace = 15 Reps
King = 14 Reps
Queen = 13 Reps
Jack = 12 Reps

Number Cards = Number of Reps

Diamonds = Push-up
Hearts = Jump Squat
Spades = Sit Ups
Clubs = Burpees