



DECK OF CARDS WORKOUT

♥ = CRUNCHES

♦ = BURPEES

♣ = SQUATS

♠ = PUSH UPS

NUMBERS:

1-10: Number of Reps

Jack: 11 Reps

Queen: 12 Reps

King: 13 Reps

Ace: 14 Reps

Joker: 5 Reps Each Exercise

DECK OF CARDS WORKOUT

Split a deck of cards in a half. Flip one card at a time. The value of the card equals the number of reps. Go through the first half; switch exercises for the second.

FIRST HALF:

-  **Cardio:** Squat Thrusts
-  **Arms:** Push-ups
-  **Legs:** Calf Raise Squats
-  **Abs:** Sit-ups

SECOND HALF:

-  **Cardio:** Jumping Jacks
-  **Arms:** Standing Dumbbell Presses
-  **Legs:** Lunges
-  **Abs:** Standing Side Crunches

JOKERS:

- First:** 50 Jumping Jacks
- Second:** 10 Burpees