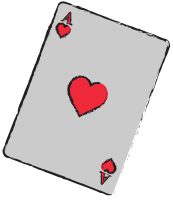


Deck of Cards Workout

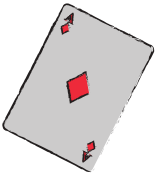
Fun and Easy! Grab a deck of cards, each time you flip a card, do that many of the corresponding exercise for that suit. Face cards have there own exercises.



Hearts = Jumping Jacks



Spades = Squats



Diamonds = Push Ups



Clubs = Sit Ups



Jacks = 30 seconds of High Knees



Queens = 5 Burpees



Kings = 30 seconds of Plank