

Card Workout

Set UP

Find a full deck of cards OR use this link for a virtual deck of cards:
<http://random-cards.com/1-shuffled-deck/>

Directions

Each card suit (diamond, spade, heart, clover) will represent a different movement/exercise. The number of the card will represent how many repetitions to complete of the movement/exercise. Please see the key below to assist you.

◆ Diamond = push ups

♠ Spade = squats

♥ Heart = sit ups

♣ Club = jumping jacks

Numbers 2-9 represent 2-9 repetitions

Jack (J) = 10

Queen (Q) = 11

King (K) = 12

Ace (A) = 1

JOKER (JOKER) = 1 minute of jogging in place

Example:

The first card you flip or click online is a 3 of hearts – you will perform 3 sit ups. The second card is a JOKER – you will jog in place for a minute. The third card is a Queen of diamonds – you will do 11 push ups. The fourth card is an Ace of spades – you will do 1 squat. The fifth card is a 9 of Clubs – you will do 9 jumping jacks. You will continue until you complete the entire deck of cards. Have fun!