



Deck of Cards Workout

Draw a card. Match the suit to the exercises. Choose between the options. The number tells you how many or how long for that movement.

J=11 Q=12 K=13

ANYTIME YOU DRAW AN ACE:
hold a plank for 20 seconds.



♥ HEARTS: Jumping Jack or Star Jump

♠ SPADES: Squat or Bridge

♦ DIAMONDS: Bicycle or Venus Fly Trap

♣ CLUBS: Inchworm or Belly Angel

WRITE YOUR OWN: Mix it up and include different exercises. Have fun creating new routines!

NOTE: You don't have to work through all 52 cards in the deck. Instead, it works best to set an amount of time for this workout. (i.e. 20 mins. total)