Deck of Cards Workout

For this exercise you will need the Aces, Jacks, Queens, and Kings from a deck of cards. Each card represents the amount of reps you will have to complete of the exercise. Each suit represents a different exercise, as you pull the cards from the deck complete that many reps of that exercise. Repeat until you go through all the cards in the deck.

Suit = Type of Exercise (you can switch out the exercises as needed!)
- **Clubs** = Push-ups
- **Diamonds** = Jumping Jacks
    - *Eliminate the jump to modify and step it out instead*
- **Spades** = Burpees
    - *To modify step back instead of jump and remove the push-up*
- **Hearts** = Squat Jumps
    - *Eliminate the jump to modify*

Card = Number of reps
- Ace = 1
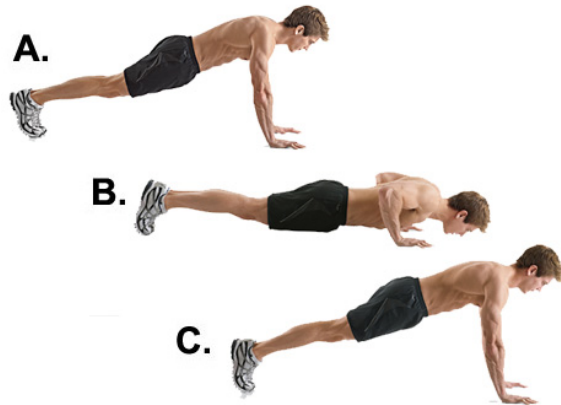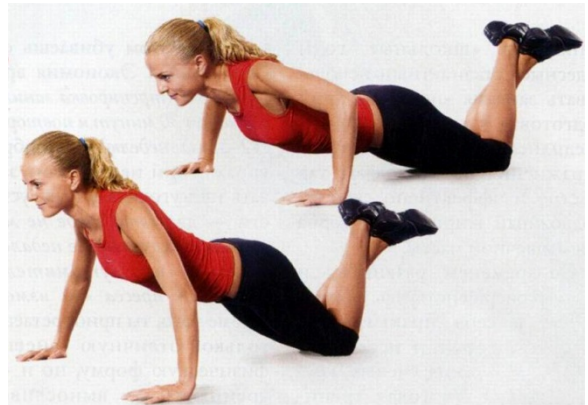- Jack = 10
- Queen = 11
- King = 12

*Exercise examples below

See images below for exercise examples:

Push-up

Regular: Modified (on knees):

A.

B.

C.

Jumping Jacks: Squat Jump:

1. START   2. JUMP

Jump

Burpee:

Squat   Kick feet back   Push-up   Return to squat   Stand and end with jump