

Card Deck Workout

Card Values

Hearts (2-10) – Pushups (reps dependent on # that is drawn) 54 total reps.

Diamonds (2-10) – Bicycle Crunches (reps = # drawn per side) 54 total reps per side.

Spades (2-10) – Squats (reps dependent on # drawn) 54 total reps.

Clubs (2-10) – Single Leg Calf Raise (reps = # drawn + 5 per leg) 99 total reps each leg.

Aces – 30 second Alternating Lunges. 2 minutes total of alternating lunges.

Jacks – 30 Jumping Jacks. 120 total jumping jacks.

Queens – 30 second Mountain Climbers. 2 minutes total of mountain climbers.

Kings – Dealer's Choice. 30 seconds of whichever core exercise you choose. 2 minutes total.

Joker – 5 pushups, 10 Bicycle Crunches, 5 Squats, 5 Single Leg Calf Raises (each leg), 10 Alternating Lunges, 10 Jumping Jacks, 10 second Mountain Climbers – 2 Jokers total

Rules

Shuffle up a full deck of cards and set it somewhere you can easily draw the cards. Card suits, number, and face values are listed above. Give yourself 20-30 seconds of rest between each card drawn. The goal is to get as far through the deck as you can. Keep track of how many cards you get through each time you do this workout and try to do better the next time. The goal is to eventually be able to do the full deck with only 10 second rests between cards. You can play with or without the Jokers.