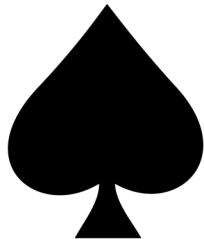


52 Card Pickup Workout

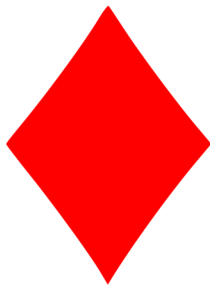
Drop a deck of cards on the ground face down and pick them up 1 by 1. Flip it over and do the exercise that correlates with the suit. The number on the card is the number of reps. Jacks are 11 reps, Queens are 12 reps, and Kings are 13 reps. Good luck and, most importantly, have fun!



Jumping Jacks



Squats



Push-Ups



Sit-Ups

Challenge: To make it more difficult make the following change.

Jack: 10 Burpees

Queen: 30 Second Plank

King: 30 Second Wall Sit