Deck of Cards Workout

What you will need: 1 standard deck of cards and enough space to complete each exercise

- Each suit will correspond to a different exercise. Exercises can be adapted, and set based on ability level.
- Cards A-10 will have 1-10 reps assigned respectively and J, Q, and K will all be assigned 10 reps.
- For an added challenge, you can leave the Jokers in the deck and assign 60 seconds of any exercise of your choosing.
- The workout is designed to be completed without stopping, but rest intervals of 15-30 seconds can be taken between cards as needed

Beginner: Wall sit/ Sit to Stand
Intermediate: Squats
Advanced: Jump Squats/ Weighted Squats

Beginner: Jumping Jacks
Intermediate: Mountain Climbers
Advanced: Burpees

Beginner: Wall/Knees Push ups
Intermediate: Push ups
Advanced: Diamond/ Feet Elevated Push ups

Beginner: Crunches
Intermediate: Sit ups
Advanced: V ups

This workout can be done in small groups and as a race to see who can get the most cards or by an individual with exercises tailored to meet your specific goals. Go at your own speed and most importantly, make sure you have fun.